



KERMIT LYNCH
WINE MERCHANT

May 2022 Newsletter Recipes

MARCO TINTERO'S FRITTATA DI LUVERTIN – WILD HOPS OMELET

Suggested pairing with Tintero's 2020 Langhe Nebbiolo

A typical Piemontese dish that is often prepared in springtime when wild hops or wild asparagus can easily be foraged.

Ingredients

200g luvertins (wild hops)

4 medium eggs

1 fresh onion, chopped

30 g Parmigiano Reggiano

Salt

Extra virgin olive oil

Blanch the hops in boiling salted water for five minutes. Drain and chop.

Sauté the chopped onion over low heat, then add the hops, season with salt and cook for 1-2 minutes. This step is essential as the hops will lose excess water and take on flavor. Remove from the heat and allow to cool. Beat the eggs in a bowl, add a pinch of salt, grated Parmesan, and the cooled hops and onion. Reheat the pan with a little extra virgin olive oil and then pour in the mixture. Cook several minutes before flipping with the help of a plate so that both sides are crisp and golden. Serve immediately.



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TAJARIN ALLA PIEMONTESE – HAND-KNEADED EGG PASTA WITH MEAT SAUCE

Suggested pairing with Palazzotto's 2020 Dolcetto "Sori Cristina"

A note from Paolo Olivero: Tajarin is a typical family recipe with ancient origins as the ingredients used were easily available in our small farms... This is the recipe I found in my mother's notes.

Ingredients for 10 people

Pasta:

1 kg / 2.2 lbs all-purpose flour
8-9 eggs
1 tablespoon extra virgin olive oil
Salt to taste
Corn flour

Meat sauce:

Onion
Celery
Carrot
1 kg / 2.2lbs minced beef
1 cup Dolcetto di Diano Sori Cristina
Tomato purée to taste
Bouquet garni of rosemary, bay leaf, sage

On a wooden table, form a kind of volcano with the flour, complete with a "crater" in the center.

In this crater, add the oil, salt, and break the eggs.

With a fork, gently beat the eggs, and then little by little with your hands incorporate the flour with the eggs. It is very important to knead well and for a long time in order to obtain a smooth and consistent dough.

Cover with a slightly damp cloth and let the dough rest for about an hour.

Roll the dough carefully. The difficulty lies in being able to obtain a very thin and homogeneous sheet in order to avoid subsequent problems caused by uneven cooking. (I remember my grandmother took her time with a large and heavy rolling pin. Obviously, there are now specific machines that save effort and time.)

Spread a light layer of corn flour on the pastry. Roll the dough on itself to form a very tight roll. (The corn flour is used to prevent the dough from sticking during the rolling process, compromising the whole work).

Now, with a knife that has a particularly high and not a curved blade (my grandmother forced my grandfather to obtain this tool from an old sickle used for cutting grass in the meadows), very finely



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slice the roll to obtain the typical *tajarin*, that you will then be able to gently separate with your hands. Spread the pasta out on a dry surface that you have sprinkled with corn flour to prevent sticking.

Now they are ready for cooking:

Boil plenty of lightly salted water, adding a drop of oil to prevent the *tajarin* from sticking together when cooking. When the water boils, throw in the *tajarin*, stirring gently and often and drain immediately after the pasta rises to the surface. The cook time must be short because the pasta is very thin.

For the sauce:

Cut the vegetables into small cubes. Sauté in extra virgin olive oil, allowing them to brown for about 10 minutes, but being careful not to let them burn. Add the meat and sauté it, stirring with a spoon for about 15 minutes. At the end add the Dolcetto and if it is a little dry you can supplement with a little water.

Adjust with salt and pepper, adding the tomato puree (homemade if possible as it is less acidic) to taste and leave on very low heat for over an hour.

My mom added a bunch of rosemary, a bay leaf, and 2-3 sage leaves to the sauce, making sure to tie everything together with a string to prevent the rosemary needles from dispersing in the sauce during cooking.

Prepare servings of *tajarin* with this sauce, adding grated cheese to finish.



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RISOTTO CON SALSICCIA WITH BARBERA PERLYDIA

Suggested pairing with Cantine Valpane's 2020 Barbera "Perlydia"

A note from Pietro Arditi: "Pasta and risotto are the first courses par excellence and sausage risotto is one of the easiest and tastiest recipes. It is a rustic dish, which goes well with a good glass of Barbera and pairs beautifully with the scents of aromatic herbs such as sage and rosemary."

Ingredients

350 g Carnaroli rice (medium-grain rice for risotto)

40 g butter

250 g salsiccia (fresh pork and pancetta sausage flavored with pepper, cinnamon, white wine, and garlic)

½ cup of Barbera "Perlydia"

5 cups (or more) hot beef broth

1 shallot, finely chopped

Grated Parmigiano Reggiano

Extra virgin olive oil

Salt

Pepper

Rosemary

Sage

Brown the shallot in olive oil over medium-low heat.

Add the sausage and let it brown 4-5 minutes, stirring frequently and breaking up the meat with a spatula.

Add the rice and allow it to toast for a few minutes before pouring in the wine and allowing it to simmer and reduce.

When the wine has evaporated, add the hot broth, one ladle at a time, and stirring until it is absorbed before adding another ladleful. When all the broth has been absorbed, remove the rice from the heat and stir in the Parmigiano Reggiano and the butter. Allow it to settle for one minute before serving.