



SIP

CELEBRATE

SAVOR

11TH ANNUAL **OLIVE SEASON**

DECEMBER -FEBRUARY **SONOMA VALLEY**
a Season of Festivities in **REAL WINE COUNTRY**

Olive Oil Poached Cobia Saffron Scented Yukon Gold Potatoes, Fennel, Niçoise Olive Bordelaise, Crispy Cardoons

ANDREW CAIN, SANTÉ

serves 8

Bordelaise

8 oz. Carrots, Peeled and Diced in to 1" cubes
8 oz. Shallots. Peeled and Diced into 1" cubes
4 oz. Celery, washed and Diced into 1" cubes
1 # of Beef Stew meat Cut into 1" cubes
1 liter Good Quality Cabernet Sauvignon

4 liters Brown Veal Stock
½ bunch Fresh Thyme
20 ea. Whole black peppercorns
4 ea bay leaves
3 oz. Finely chopped pitted Niçoise Olives

In a very hot stock pot sear the stew meat thoroughly on all sides in oil. Add the Carrots and Shallots and caramelize them well. Add in the Celery, thyme, peppercorns and bay leaves as well as the red wine. When the wine has reduced by half add the Veal stock and bring to a simmer. Simmer the sauce for 1 hour and then strain through a fine chinois. Continue to simmer the sauce, allowing it to reduce to a sauce like consistency. Strain the sauce an additional time through the chinois. Add the Chopped Olives and hold the sauce, covered in a hot water bath until needed.

Potatoes

3 ea. Large Yukon Gold Potatoes
3 cups Chicken Stock
2 tsp Saffron Threads
4 cloves Garlic, crushed
5 sprigs fresh thyme

6 ea whole black peppercorns
1 ea Bay leaf
3 tablespoons whole butter
Salt to taste

In a medium sauce pot, combine the chicken stock, saffron, garlic, thyme, Bay leaf, and peppercorns; and bring to a simmer. When the saffron and aromatics have infused into the broth strain the liquid and reserve. Slice the potatoes into ¼" slices, then punch them out with a 1" round cutter into disks. In a small rondeau carefully arrange the potato slices in one even layer. Cover with the saffron broth and add the butter. Slowly bring the mixture to a simmer. Continue to simmer the potatoes until they are tender and have developed a nice glaze.

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(continued from previous page)

Fennel

6 each Large Fennel Bulbs
2 tablespoons chopped Tarragon
1 tablespoon Chopped Chervil
1 tablespoon chopped Chives

4 tablespoons Whole Butter
1 cup vegetable stock
Salt to taste

Clean the fennel of any fronds reserving them for another use. Cut each fennel bulb in half and remove the core. Then dice them into 1/8" cubes. In a large pot of boiling water to which salt has been added blanch the fennel until it is just tender, and then shock it in ice water to stop the cooking. To complete: in a medium sauté pan, combine the diced fennel, stock, and butter and bring to a simmer. Reduce the mixture until a glaze has formed, right before plating finish the fennel with the chopped herbs.

Crispy Cardoons

6 ea Cardoon Branches, cleaned
1 cup All Purpose Flour

Salt to taste

Using a vegetable peeler, thinly peel each cardoon into thin strips. Lightly dust the cardoon strips with the flour. Deep fry the cardoon strips at 325 degrees until golden and crispy. Turn the fried cardoons onto absorbent paper and season liberally with salt.

Cobia

1 ea 3.5 lb filet of Fresh Cobia, cleaned of all skin, blood line and pin bones etc. then cut into 5 ounce portions

2 qts good quality extra virgin olive oil
1 bunch of thyme
15 ea black peppercorns
3 ea bay leaves