**Ingredients**

AVO-CILANTRO SAUCE:
- 1 c sour cream
- 1 c fresh cilantro leaves
- 1 tsp garlic powder
- ½ tsp salt and pepper
- 1 large avocado, diced
- Juice of 1 lime

BLACK BEAN CAKES:
- 2 tbsp extra virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1 small jalapeño, seeded, diced
- ½ tsp ground cumin
- 2 (15-oz) cans black beans, drained
- ½ c plain dry bread crumbs
- 1 c all-purpose flour
- 2 large eggs, beaten
- Canola oil for frying

MAHI-Mahi:
- 4 (6-oz) mahi-mahi fillets
- Salt and pepper
- 3 tbsp extra virgin olive oil

CARNISH
- Fresh cilantro, chopped
- Fresh corn kernels

**Directions**

AVO-CILANTRO SAUCE: Combine all ingredients in a food processor and process until smooth.

BLACK BEAN CAKES: In a medium skillet, heat the 2 tablespoons of olive oil. Add onion, garlic, jalapeño and cumin, and cook over medium heat about 5 minutes. Scrape mixture into the bowl of a food processor. Add 1 can of beans and pulse until the mixture is finely chopped but not a paste. Scrape the mixture into a medium bowl. Mix in the other can of beans and ½ cup of the bread crumbs and season with salt and pepper to taste. Using about ¼ cup of mixture, form patties about ½ inch thick.

Put the flour, beaten eggs and the remaining 1 cup of bread crumbs into 3 separate shallow bowls. First, dust each black bean cake with the flour, then dip in the egg and then in the bread crumbs, pressing so that the bread crumbs stick.

In a large skillet, heat ⅛ inch of canola oil on medium-high until very hot. Add the cakes and fry until golden brown, about 2 minutes per side. Drain on paper towels.

MAHI MAHI: Season both sides of the fillets with about 1 pinch of salt and pepper. Heat olive oil over medium-high heat until oil is hot. Cook the fish until browned and crisp, about 3 minutes per side.

TO SERVE: Plate one black bean cake and top with about 2 tablespoons avo-cilantro sauce. Top that with cooked mahi-mahi fillet, then 2 tablespoons more sauce, then another black bean cake, then 1-2 tablespoons more sauce. Garnish entire plate with fresh chopped cilantro and fresh corn kernels. SERVES 4.

**Pair it**

2015 Chalk Hill Estate Sauvignon Blanc

[QR Code: To buy or for more information]
firecracker shrimp lettuce wraps

**ingredients**

**FIRECRACKER SAUCE:**  
\[ \frac{1}{2} \text{ c mayonnaise} 
1 \text{ tsp Sriracha sauce} 
1 \text{ tbsp honey} 
1 \text{ tbsp sesame seeds} 
\frac{1}{4} \text{ tsp garlic powder} \]

**SHRIMP:**  
2 lbs medium sized shrimp, shelled and deveined  
\[ \frac{1}{2} \text{ c Sriracha sauce} 
\frac{1}{2} \text{ c all-purpose flour} 
\frac{1}{4} \text{ tsp black pepper} 
\frac{1}{4} \text{ tsp salt} 
\text{Canola oil for frying} \]

**CARNISH:**  
Fresh jalepeño peppers, thinly sliced  
Iceberg or bibb lettuce leaves for serving

**directions**

**SHRIMP:** Mix together shrimp and Sriracha sauce in a large bowl. Cover and place in refrigerator to marinate for at least 1 hour to overnight. Remove shrimp from refrigerator, and add flour, salt and pepper to bowl. Toss to coat all shrimp evenly with flour.

In a large frying pan, add about 1 inch of oil and heat on medium-high until oil is hot enough to fry. Fry the shrimp until lightly brown, 1-2 minutes on each side. Drain on paper towel.

**FIRECRACKER SAUCE:** Thoroughly whisk all ingredients in a bowl.

While shrimp are still hot, place them in a large bowl and toss with all the firecracker sauce, coating all shrimp evenly.

**TO SERVE:** Add about 3 shrimp to a lettuce cup and top with sliced jalapeño. SERVES ABOUT 4.

**pair it**

Vavasour 2016 Sauvignon Blanc

To buy or for more information
**spicy white wine steamed mussels**

**ingredients**
- 3 tbsp extra virgin olive oil
- 1 medium shallot, thinly sliced
- 4 large garlic cloves, chopped
- ¼ tsp fennel seed
- ½ tsp fresh thyme
- 1 tsp crushed red pepper flakes
- ⅛ tsp salt
- 1 c dry white wine
- 2 lemon slices (¼" thick)
- ½ c fresh parsley, chopped
- 2½ pounds fresh mussels, scrubbed, debearded
- ½ c chopped seeded tomatoes
- 2 tbsp butter
- Salt and pepper
- Large slices of crusty French, Italian or garlic bread

**directions**

Rinse the mussels under cold running water while scrubbing with a vegetable brush. Discard any open or broken mussels.

Heat olive oil in heavy pot or dutch oven over medium heat. Add the shallot and cook until soft. Add the garlic, fennel seeds, thyme, crushed red pepper and salt, and cook for about 2 minutes.

Add wine, lemon slices and ¼ cup parsley; bring to boil. Add mussels and stir to combine. Cover pot and cook until mussel shells open, stirring once, about 6 minutes. Using slotted spoon, transfer mussels to large shallow bowl.

Boil remaining broth in same pot until reduced, about 5 minutes. Reduce heat to low, add tomatoes, remaining parsley and butter and stir until butter is melted. Season with salt and pepper if needed.

TO SERVE: Pour broth over the bowl of mussels and serve immediately with plenty of bread to soak up the broth. SERVES AS AN APPETIZER FOR 2-4.

**pair it**

Piccini
Pinot Grigio

[QR Code for more information]
simple stuffed flounder

**ingredients**

**SIMPLE STUFFING:**
- ½ stick butter
- 1 c yellow onion, finely diced
- 2 cloves garlic, minced
- 1 c celery, finely diced
- 1 lb lump crab meat
- 1 c Italian blend grated cheese
- ¼ c panko bread crumbs
- ⅛ tsp Cajun seasoning

**FLOUNDER:**
- 2 small-medium flounder, or 1 large flounder, scaled, gutted and butterflied
- ½ c extra virgin olive oil

**GARNISH:**
- Chopped parsley
- Lemon wedges

**directions**

Preheat oven to 350°F.

**SIMPLE STUFFING:** Melt butter over medium heat in a nonstick sauté pan. Add onion, celery and garlic and sauté for about 5 minutes or until translucent. Remove from heat. Add crab meat, cheese, bread crumbs and seasoning. Stir to combine completely. Let cool slightly.

**FLOUNDER:** Stuff crab mixture into butterflied flounder.

Drizzle entire stuffed fish with olive oil. Bake at 350°F for 30 minutes, or until fish is cooked through.

**TO SERVE:** Place on a platter for family-style serving, garnish with chopped parsley and lemon wedges. SERVES ABOUT 6-8.

**pair it**

Chalone Estate Chardonnay
sesame ginger salmon with garlic fried rice noodles

ingredients

GINGER GLAZE:
- 2 tbsp honey
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 tsp Sriracha sauce
- ½ tsp fresh ginger, grated
- 1 tsp sesame seeds
- ¼ tsp garlic powder
- 1 tbsp green onion, sliced

SALMON:
- ½ c olive oil
- 2 tbsp soy sauce
- 2 tbsp rice vinegar
- 3 tbsp sesame oil
- 2 tbsp brown sugar
- 4 cloves garlic, grated or pressed
- 1 tbsp grated fresh ginger
- 1 tbsp toasted sesame seeds
- 6 green onions, thinly sliced
- 4 (5-oz) salmon fillets, with skin
- 2 tbsp canola oil

GARLIC FRIED NOODLES:
- 8 oz flat rice noodles
- 3 tbsp of butter
- 1 tbsp sesame oil
- 1 c green onions, thinly sliced
- 6 cloves of garlic, minced
- 2 tbsp sugar
- 3 tbsp soy sauce

directions

GINGER GLAZE: In a small bowl, whisk together honey, soy sauce, sesame oil, Sriracha sauce, ginger, sesame seeds, garlic powder and green onion; set aside until ready to serve.

SALMON: In a gallon sized Ziploc bag or large bowl, combine salmon fillets, olive oil, soy sauce, rice vinegar, sesame oil, brown sugar, garlic, ginger, sesame seeds and green onions. Marinate for at least 30 minutes to overnight.

Remove fish from marinade and pat dry with paper towels.

Heat canola oil in a large nonstick skillet over medium-high heat. Cook salmon about 3 minutes per side, or until fish is cooked to desired doneness.

NOODLES: Prepare rice noodles according to package directions. Drain, then rinse with cold water to stop cooking and set aside. Melt butter and oil in a large skillet on medium heat. Add onion and garlic and saute about 5 minutes until vegetables are translucent. Add sugar and soy sauce, mix thoroughly and let simmer for about 1 minute. Add noodles and continue to cook for 5 minutes until noodles have fried and absorbed the sauce.

TO SERVE: Add a serving of noodles to the middle of a large plate or bowl. Top with a salmon fillet and drizzle on 1-2 tablespoons ginger glaze. SERVES 4.

pair it
2014 Lincourt Rancho Santa Rosa Pinot Noir

To buy or for more information
green chile redfish enchiladas

ingredients

REDFISH FILLING:
4 large redfish fillets
½ tsp salt and pepper
2 cloves garlic, minced
8 oz cream cheese, softened
8 oz canned green chiles, drained
Juice of 1 lime
¼ tsp salt
¼ tsp ground cumin
¼ tsp chili powder
¼ c fresh chopped cilantro

GREEN CHILE SAUCE:
1 c sour cream
16 oz green chile salsa (store-bought)
12 large flour tortillas
2 c shredded Monterey jack

CARNISH:
Sliced avocado
Lime wedges
Red onion, finely diced
Fresh cilantro
Queso fresco or cojita cheese

directions

REDFISH FILLING: Cook all redfish fillets together in a large skillet over medium heat until cooked through, about 15 minutes. Reduce heat to low, and add in cream cheese, green chiles, lime juice, salt, cumin, chili powder and cilantro.

Create the filling by folding all ingredients together in the pan, breaking apart fillets and combining all thoroughly.

GREEN CHILE SAUCE: In a separate mixing bowl, whisk together sour cream and green chile salsa until combined.

ASSEMBLE: Spoon 1 cup of the green chile sauce into the bottom of a greased 9”x13” pan.

Assemble enchiladas by arranging 4 heaping tablespoons of the filling on the edge of each tortilla and roll the enchiladas. Set into the casserole seam-side down. Placed each rolled enchilada very close to each other, tightly packing in all 12 rolled tortillas.

Pour the remainder of the green chile sauce over the top of the assembled enchiladas.

Sprinkle all the shredded Monterey Jack cheese over the enchiladas.

Bake uncovered at 400° F for about 30 minutes, until the cheese is golden brown and bubbly.

TO SERVE: Plate enchiladas and top with suggested garnishes.

pair it
Nieto 2016 Torrontes

To buy or for more information

[QR Code]