

# SUSAN MALLERY

*the*  
vineyard  
*at*  
painted  
moon





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The Vineyard at Painted Moon

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# SUSAN MALLERY'S WINE PAIRINGS

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Let me begin by saying there is no right or wrong way to drink wine. Drink what you like with whatever foods you like, but be open to trying something different. The lone exception being please don't put ice in your wine, I beg you! 😊 It dilutes the flavor, and the impurities in the water totally change the balance of the wine. If you don't like your wine getting warm, try using a thermal glass.

Okay—basic wine pairings. The rule of thumb is to balance the flavors and intensity. So, a lighter wine is paired with lighter-tasting foods. A heavy wine will crush the flavors of a light-tasting food and a heavy, spicy dish will make a light wine tasteless. Also, know that food can completely change the flavor of wine and vice versa. Don't believe me? Taste a dessert wine like an ice wine. Too sweet? Too thick? Try it with a tart lemon bar. Suddenly the dessert wine makes sense. The tartness balances the sweetness.

There are dozens of types of wines, so I'm going to stick with a few basics that are easy to find pretty much anywhere in the country. My suggestions are simply that—my suggestions. They will give you a starting point. If you enjoy wine, then playing with food and wine pairings can be so much fun, and so delicious!

## SAUVIGNON BLANC

This is a lighter, fruitier white wine. It's best served chilled and is very drinkable. Try it with goat cheese, either plain or lightly flavored. It pairs well with salads made with a light vinaigrette and summer fruits. Honestly, a glass of sauvignon blanc and a ripe nectarine is pretty amazing.

## CHARDONNAY

Chardonnay has changed over the years. Most winemakers are aging chardonnay in stainless-steel barrels rather than in oak, so the flavor is brighter, without the butteriness. I personally love an oaky, buttery chardonnay, but they aren't everyone's taste. Either chardonnay is great with a light-flavored fish, especially if there is a delicious cream or butter sauce. Shrimp scampi is a classic. For a good cheese pairing, try Brie on a piece of French baguette with a glass of chardonnay. And you're welcome!

## PINOT NOIR

Try to find one from Oregon. They have the best climate for growing pinot. There are a few good ones in Northern California, but if you see one from Oregon, give it a taste. Pinot noir is a lighter red wine, but often with a hint of sweetness. Nothing overpowering, but that sweet edge gives it the ability to pair with some unexpected foods. What you want is a sweet/savory combination. Pork is perfect, but one of the best pairings is Thai food. Seriously. Try it. For a cheese pairing, either burrata or mozzarella would be great. Add basil, a little tomato and olive oil, and you have something magical.

## CABERNET SAUVIGNON

I'll admit, this is a personal favorite for me. I love a wine with a lot of body and flavor. Cabs and cab blends often make their way to the dinner table at my house. Pair your cabernet sauvignon with beef, salmon and heavier chicken dishes. Also tomato-

based pasta dishes. I speak from experience when I say cab and a burger are delightful. For a cheese pairing, try Gouda or blue cheese. Last but not least...dark chocolate and cabernet sauvignon. So good and the perfect way to end a meal.

## **SYRAH**

If you can find a Washington State Syrah, please try it. They're really good here. Syrah is a heavier red wine, so it goes well with heavily spiced and braised meats. If you're not sure if you like red wines, don't start here. There's a lot of flavor. For a cheese pairing, try a nice sharp cheddar or a blue or Stilton cheese.

## **CHAMPAGNE**

I know you already know this, but a sparkling wine can be called champagne only if it comes from the Champagne region of France. Otherwise it's sparkling wine. To open a bottle without "popping" the cork, hold the cork in one hand and the base of the bottle in the other. Rotate the base rather than the cork. I know the pop sounds fun, but the flying cork is dangerous. Plus, you lose a lot of champagne and about half the carbonation! Champagne is a magical wine that literally goes with everything. Really! Having something greasy? The champagne will cut through the grease and bring out the best flavors. Fast food? Tacos? Crab puffs? Champagne works. Brunch—well, we already know that one. Birthday cake? Best with champagne.

So those are my suggestions for pairing food and wine. It all comes down to what you like. Don't be afraid to experiment. If you want to know more, see if there's a wine store nearby. They often have tastings on the weekends. Once you've explored the basic wines, you can branch out to other wines and different countries. Cheers!

# QUINOA SALAD YOUR WAY



Here are two delicious variations on a basic quinoa salad, completely adaptable to your tastes. Use whichever ingredients you like, and omit any you don't. And hey—if you don't like quinoa, use three cups of cooked and cooled pasta instead.

# THAI-INSPIRED QUINOA SALAD WITH PEANUT DRESSING

## INGREDIENTS:

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- 1 ½ cups dry quinoa
- 1 large carrot, peeled and diced
- 2 stalks celery, diced
- 1 red bell pepper, diced
- 2 green onions with tops, sliced
- ¼ cup cucumber, diced
- ½ cup peanuts
- ½ cup fresh cilantro, minced
- ½ tsp sea salt

## PEANUT DRESSING:

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- ¼ cup creamy peanut butter
- ¼ cup + 2 tbsp mild rice vinegar
- ½ tsp toasted sesame oil
- ½ tsp fresh minced ginger
- ¼ cup vegetable oil

## DIRECTIONS:

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Cook the quinoa using your favorite method. I use my Instant Pot pressure cooker. I use 1 ½ cups of dry quinoa to 1 ¾ cups water, cook at high pressure for 3 minutes and allow 8 minutes of natural release. Allow to cool.

Whisk together the dressing ingredients. Add all ingredients to a bowl and stir well. Allow flavors to marinate. Serve cold or warm.



# ITALIAN-INSPIRED QUINOA SALAD WITH VINAIGRETTE

## INGREDIENTS:

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- 1 ½ cups dry quinoa
- 1 large carrot, peeled and diced
- 2 stalks celery, diced
- ½ cup cauliflower, diced
- ¼ cup frozen peas, thawed
- ¼ cup frozen corn, thawed
- ½ cup cherry tomatoes, quartered
- 4 oz mozzarella cheese, diced
- ¼ cup pine nuts
- ¼ cup fresh parsley, minced

## VINAIGRETTE:

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This is a simple and delicious dressing made from ingredients most of us usually have on hand. Alternatively, you can use about  $\frac{3}{4}$  cup of your favorite ready-made Italian salad dressing.

- ¼ cup apple cider vinegar
- ½ cup olive oil
- 1 tsp honey
- 1 clove garlic, minced
- $\frac{1}{8}$  tsp each of salt and pepper

## DIRECTIONS:

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Cook the quinoa using your favorite method. I use my Instant Pot pressure cooker. I use 1 ½ cups of dry quinoa to 1 ¾ cups water, cook at high pressure for 3 minutes and allow 8 minutes of natural release. Allow to cool.

Whisk together the dressing ingredients. Add all ingredients to a bowl and stir well. Allow flavors to marinate. Serve cold or room temperature.