

BARBARA NEYERS' CAST-IRON SKILLET CORNBREAD

Ingredients

- ❖ 1 cup yellow corn meal
- ❖ 1 cup all-purpose flour
- ❖ 1 tablespoon sugar
- ❖ 2 teaspoons baking powder
- ❖ ½ teaspoon baking soda
- ❖ ½ teaspoon salt
- ❖ ½ cup unsalted butter melted and cooled, plus ½ tablespoon of butter for greasing the pan
- ❖ 1½ cups buttermilk
- ❖ 2 eggs

Preparation

Preheat oven to 425 degrees.

In a large bowl sift together the flour, sugar, baking powder, baking soda and salt. Add the corn meal.

Whisk together the eggs and buttermilk. Add the eggs and buttermilk and melted butter to the dry ingredients.

Combine until just blended, do not over mix.

Five minutes before baking the cornbread, put the cast iron skillet (preferably one that is 8-9" in diameter, about 1 ½" deep) in the oven to warm.

Pour the batter into a lightly buttered cast iron pan.

Cook until the cornbread begins to brown on top (about 20 to 25 minutes.)



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Pairs beautifully with: Neyers Carneros Chardonnay

BARBARA NEYERS' ALFREDO SAUCE

Ingredients

- ❖ 1 cup heavy cream
- ❖ 2 tablespoons sweet butter
- ❖ 1 cup freshly grated
- ❖ Parmesan
- ❖ Ground black pepper

Preparation

Bring the cream and butter to a boil in a sauté pan. Reduce the heat and simmer for 1 minute. Add half the Parmesan and a little freshly ground black pepper. Whisk the mixture until smooth and remove from the heat. Add the remaining Parmesan.

Cook and drain the pasta of your choice, then add it to the alfredo sauce. Garnish with more black pepper. Serve while steaming.



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Pairs beautifully with: Neyers Carneros Chardonnay

BARBARA NEYERS' WILD MUSHROOM RISOTTO

Serves 6

Ingredients

- ❖ 1 and ½ cups Arborio Rice
- ❖ 6 cups Chicken Stock
- ❖ 2 cups wild mushrooms, cleaned, trimmed and sliced into ¼ inch pieces
- ❖ 4 Tablespoons olive oil
- ❖ ½ cup freshly grated Parmesan cheese
- ❖ ¼ cup white onions sliced thin
- ❖ Optional: Pancetta, cooked until crisp as garnish

Preparation

In a large pot, heat the chicken stock

Sauté the mushrooms and onions in 2 tbsp of olive oil until cooked, then set aside

Heat the rice with 2 tbsp of olive oil in a pot until the rice is coated with the oil

Slowly add the warmed chicken stock to the rice, stirring the rice with each addition

Once the rice is cooked, add the mushrooms. Remove from heat and salt to taste.

Top each serving of Risotto with freshly grated Parmesan



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Pairs beautifully with: Neyers Sage Canyon Red

BARBARA NEYERS' BLACK BEAN SOUP

Serves 4

Soup Ingredients

- ❖ 1 small (7-ounce) can chipotle chiles in adobo (see note)
- ❖ 2 tablespoons olive oil
- ❖ 2 carrots, peeled and chopped
- ❖ 2 onions, peeled and chopped
- ❖ 4 garlic cloves, minced
- ❖ 1 cup red wine
- ❖ 2 jalapeño peppers, seeded and chopped
- ❖ 1 pound dry black beans (do not soak)
- ❖ 2 quarts mild vegetable or chicken stock
- ❖ 1 tablespoon dried oregano, preferably Mexican
- ❖ 2 bay leaves
- ❖ 1 tablespoon kosher salt
- ❖ 1 teaspoon ground black pepper
- ❖ Red wine vinegar, to taste

For the pickled onions and garnishes

(optional):

- ❖ 1 small red onion, peeled and thinly sliced
- ❖ Freshly squeezed juice of 2 limes
- ❖ Salt
- ❖ Sour cream or Mexican crema
- ❖ Whole cilantro leaves
- ❖ Thinly sliced fresh chiles
- ❖ Sliced avocado



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Preparation

1. Empty the can of chiles into a blender or food processor. Purée until smooth, scrape into a container, and set aside. Put on a teakettle of water to boil, and keep hot.
2. In a large, heavy pot, heat olive oil over medium heat until shimmering. Add carrots, onions and garlic and cook, stirring, until softened but not browned, 5 to 8 minutes.
3. Pour in wine and let simmer until pan is almost dry and vegetables are coated. Add jalapeños and cook, stirring, just until softened, 2 minutes. Push the vegetables out to the edges of the pot and dollop 2 teaspoons of chipotle purée in the center. Let fry for a minute and then stir together with the vegetables.
4. Add beans, stock, oregano and bay leaves. Stir, bring to a boil, and let boil 10 to 15 minutes. Reduce the heat to a simmer and cook, partly covered, stirring occasionally and adding hot water as needed to keep the soup liquid and runny, not sludgy. Continue cooking until beans are just softened and fragrant, 1 to 2 hours. Add salt and pepper and keep cooking until beans are soft.
5. Meanwhile, make the pickled onions, if using: In a bowl, combine sliced onions, lime juice and a sprinkling of salt. Let soften at room temperature until crunchy and tart, about 30 minutes. Drain and rinse with cold water. Squeeze dry in paper towels and refrigerate until ready to serve. If desired, chop coarsely before serving.
6. Adjust the texture of the soup: The goal is to combine whole beans, soft chunks and a velvety broth. Some beans release enough starch while cooking to produce a thick broth without puréeing. If soup seems thin, use an immersion blender or blender to purée a small amount of the beans until smooth, then stir back in. Continue until desired texture is reached, keeping in mind that the soup will continue to thicken as it sits.
7. Heat the soup through, taste and adjust the seasonings with salt, pepper, drops of red wine vinegar and dabs of chipotle purée.
8. Serve in deep bowls, garnishing each serving with sour cream, pickled onions, cilantro leaves, sliced chiles and avocado as desired.

Tip

- If chipotle chiles are unavailable, use 1 tablespoon each ground cumin and ground coriander. Add to vegetables at the same point in the recipe, in Step 3.

Pairs beautifully with: Neyers 'Evangelho Vineryard' Mourvèdre

BARBARA NEYERS' SPRING ASPARAGUS w/ HOLLANDAISE SAUCE

Yields 1 cup

Ingredients

- ❖ 4 egg yolks
- ❖ 1 Tablespoon freshly squeezed lemon juice
- ❖ ½ cup unsalted butter, melted
- ❖ Pinch of salt

Preparation

Whisk egg yolks and lemon juice in a stainless-steel bowl until the mixture is thickened.

Place the bowl over a saucepan containing barely simmering water (you can use a double boiler). The water should not touch the bowl.

Continue to whisk and slowly drizzle in the melted butter until the sauce is thickened and doubled in volume.

Remove from heat and whisk in the salt.

Serve with fresh Asparagus

Pairs beautifully with: Neyers Napa Cabernet Sauvignon



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BARBARA NEYERS' GRILLED MARINATED FLANK STEAK

Serves 4

Marinade Ingredients

- ❖ 1 cup olive oil
- ❖ ¼ cup Balsamic vinegar
- ❖ ¼ cup soy sauce
- ❖ 1 tablespoon Dijon mustard
- ❖ 2 garlic cloves minced
- ❖ Leaves from four branches of fresh thyme

Preparation

Put the flank steak in the marinade for 6 hours

Grill on HIGH heat watching closely to avoid overcooking
Place on the center of the grill for two minutes.

The first turn should be east to west, then after another two minutes it's time for a turn north to south. The final two minutes follow another east to west turn. This ensures that the entire steak has seen 8 minutes of relatively even grilling, and is now medium rare. Proper slicing is crucial too. The grain of the meat normally runs along the longest dimension, and the slicing should be diagonal, about 45 degrees, against that grain. The slices should be between 1/16" and 1/8" thick, or as Barbara tells me, "Cut it as thin as you can."

Serve with fresh tomatoes and your favorite potato side



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Pairs beautifully with: Neyers Ranch Cabernet Sauvignon