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**KINFOOD**

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## November Release Recipe Book

*in partnership with Kin Food Co*

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## Smashed Fingerling Potatoes with Choice of Grilled Meat

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*Suggested Pairing: Zillinger Solera MV*

### Ingredients

1 lb of fingerling potatoes  
2 tablespoons of olive oil  
Salt and pepper  
¼ cup Italian Parsley, thinly chopped  
¼ cup of dill, chopped  
1 spicy chili (Jalapeno, serrano, etc), diced  
1 clove of garlic, pressed or minced  
2 tablespoons of whole grain mustard  
San Juan Sea Salt, or a flaky salt, for serving



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### Make the Potatoes

1. Preheat oven to 425 degrees F.
2. Bring a large pot of salted water to a boil. Add the potatoes and simmer until they're fork tender, about 15 - 20 minutes, but start to test yours around 10 minutes. Drain in a colander and let them dry while you place a piece of foil on a baking sheet.
3. Drizzle foil with an oil with a high smoke point and place a potato on the sheet, and smash slowly :) until it's flat and looks like a little cake and mostly still together. Continue to smash all the potatoes on the sheet, with about an inch of space between so you can easily flip them. Drizzle oil over the potatoes and roast for about 15 minutes. Take out the sheet and flip the potatoes over. They should look crunchy and caramelized... yum! Flip them back over and roast for another 10 minutes until crispy all around.
4. Take the potatoes out and gently place them in a bowl. Add the mustard and toss to coat.

### Make the gremolata

1. In a small bowl, mix the herbs, garlic, and chili together and then mix with the olive oil.
2. Place potatoes on a serving platter and garnish with lemon zest and gremolata.
3. Eat immediately with steak or fish or a salad and par-boiled eggs.

## Red Kuri Squash and Broccoli Bowl with Ginger Tahini Dressing and Ginger Carrot Purée

*Suggested Pairing: Field Recordings Carignane*

### Ingredients

#### For the Red Kuri Squash and Broccoli Bowl:

1 cup dried emmer farro, barley or other grain  
 1 red kuri squash, peeled, deseeded and cubed  
 1 head of broccoli, chopped into florets  
 1 to 2 tablespoons of avocado or rice bran oil  
 Coarse or kosher salt  
 Freshly ground black pepper  
 2 teaspoon black sesame seeds  
 Thinly sliced scallions and cilantro to garnish

#### For the ginger sesame tahini dressing:

2 tablespoons tamari  
 2 tablespoons tahini  
 2 tablespoons of fresh ginger, minced  
 1 small garlic clove, minced  
 1 tablespoon of maple syrup or honey  
 1/4 cup rice vinegar  
 2 tablespoons toasted sesame oil  
 2 tablespoons olive oil

#### For carrot-ginger purée:

2 cups chopped carrots  
 2 cups chicken stock  
 1 tablespoon of fresh ginger, finely grated  
 Salt and freshly ground black pepper, to taste

### Directions

#### For the Vegetables:

1. Heat oven to 400 degrees.
2. Start to prepare emmer farro or other grain according to package directions.
3. Line a baking sheet with foil. Combine the cubed red kuri squash and broccoli florets in a bowl and drizzle with oil.
4. Next, layer them on the sheet in a single layer and sprinkle with salt and pepper.
5. Place in the oven and roast for about 40-50 minutes, stirring a few times, until the broccoli has a few black edges and the squash is fork tender.
6. While the veggies are roasting, get the rest of the ingredients ready.

#### For carrot-ginger purée:

1. In a small pot, add the carrots, chicken stock and grated ginger. Bring to a simmer and cook until carrots are soft, about 10 minutes.
2. Process the carrot mixture in a blender, or with a hand mixer, until a smooth, velvety, thick purée is formed. Season with salt and pepper to taste. Set aside and keep warm.

#### Toast sesame seeds:

1. In a small skillet, toast black sesame until just fragrant. This will add a toasty flavor and bring out their sweetness.

#### Prepare the dressing:

1. Place all dressing ingredients in a blender and blend on high until smooth.

#### Assemble bowls:

When the veggies are finished roasting, assemble your bowls:

1. In a large bowl, add the emmer farro. Fold in the the red kuri and broccoli until combined. Now, think of making a Venn diagram!
2. Spread/smear a few spoonfuls of the carrot purée on the center-right of the plate with a large spoon or spatula. Now on the center-left of the plate, overlapping 1/3 of the puree, add several spoonfuls of the farro-squash broccoli mixture.
3. Drizzle everything with the sesame-miso dressing and finish with toasted sesame seeds, sliced scallions, and cilantro or herb of your choice.

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## Shaved Chioggia Beets with Fried Goat Cheese Medallions & Hazelnuts

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*Suggested Pairing: Darling Pet Monkey*



### Ingredients

3 chioggia beets  
Vegetable oil, for frying  
1/2 cup all-purpose flour (gluten free works!)  
2 large eggs, beaten  
1 cup seasoned bread crumbs or panko a GF alternative  
8-ounces goat cheese logs, cut into 1 inch thick slices  
1/2 cup of toasted hazelnuts or pistachios  
1/2 cup of lemon-herb vinaigrette  
3 cups of mizuna and frisee salad mix

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### Directions

1. Scrub each beet very well with a vegetable brush. Cut off the top and bottom of each beet and slice very thinly on a mandoline or V slicer (skins are also okay).
2. If you don't have a mandoline, you should roast your beets for better texture when you can't shave them paper thin. Preheat oven to 400 degrees F. Line a baking pan with aluminum foil. Cut off beet tops and place them on the foil and then drizzle them with olive oil. Fold the aluminum around the beets into everything is covered. Roast for 20 minutes in the oven or until very tender. Take the beets out and allow them to cool. Peel the skins off by hand under cold water. When cool, slice them thinly.
3. Next, make the goat cheese medallions. Put the flour, eggs and breadcrumbs in separate shallow bowls. Coat the goat cheese slices first in the flour, then in the egg, then in the breadcrumbs. Fry the slices in hot vegetable oil until golden brown, about 1-2 minutes per side. Drain on a paper towel-lined plate.
4. Allow the lemon-herb vinaigrette to come to room temperature and whisk to homogenize.
5. Pour vinaigrette over the greens in a large bowl and toss to coat.
6. Place dressed greens in a shallow serving dish, add the shaved or roasted beets on top then place the fried goat cheese slices around and scatter the nuts about.
7. Enjoy!

## Blistered Carrots over Smokey Romesco Sauce

*Suggested Pairing: Micro Syrah*

### Ingredients

#### Smoky Romesco (Red Pepper Sauce)

2 sweet peppers  
 1-2 dry peppers (see note above)  
 1 raw garlic cloves  
 20g ~ 1/4 cup walnuts or hazelnuts, toasted  
 2 tablespoons olive oil, plus more as needed  
 1 tablespoons red wine vinegar  
 Zest of a lemon  
 Juice of 1/2 a lemon  
 1 teaspoon chopped parsley  
 1 tablespoon sourdough bread crumbs  
 1/4 teaspoon aleppo flakes, optional for more heat  
 1/4 teaspoon smoked paprika, optional for more smokiness  
 1/2 teaspoon kosher or sea salt, plus more as needed

#### Blistered carrots

1 bunch of carrots  
 Olive oil  
 herbs, optional  
 feta, optional  
 flakey salt

### Directions

1. Preheat oven to 400 F.
2. Trim carrot tops off, leaving about 1/2-1 inch of their cute green tops. They're also tasty and entirely edible, just clean them well.
3. Peel the carrots roughly and toss with a tablespoon or so of olive oil and a generous pinch of salt.
4. Roast for 20-30 minutes until nice and blistered. A fork should easily pierce through. Set aside.
5. To roast sweet red peppers, cut in half from top to bottom, leaving tops on and insides intact. Rub a sheet pan with high-heat oil (safflower, grapeseed, sunflower, etc.).
6. Broil peppers on high for 5-8 minutes, until peppers are evenly blackened and charred. Remove from oven and immediately toss into a heat proof bowl and cover with a plate.
7. Let rest at least 10 minutes or until cool enough to handle. This will allow them to steam and for the skins to easily slip off.
8. Once cool, remove skins, stems, core, and seeds.
9. Toast dry peppers in a pan over medium high heat until nicely charred on all sides. Keep careful watch as this happens very fast.
10. Once nice and blackened, submerge in a bowl of water for about 20-30 minutes until mostly rehydrated.
11. Add garlic and nuts to a food processor or blender and roughly blitz. Add roasted peppers, re-hydrated dry peppers, bread crumbs, parsley, salt, and aleppo and smoked paprika if using. (You can always try it first without the aleppo and smoked paprika and add it at the end if you feel like it needs more spice or smokiness).
12. Blitz again, then add vinegar, lemon juice and zest. Bring it all together roughly and slowly drizzle in the olive oil.
13. Adjust seasoning to your liking.

I like my romesco rustic and chunky, but you can certainly blend it down further into a puree. Spread the sauce over a plate and pile your blistered carrots on top. Top with herbs, flakey salt, and feta if you like.

## Grilled Treviso with Cured Egg Yolks, Anchovy, Preserved Lemons and Garlicky Breadcrumbs

*Suggested Pairing: Château l'Escarts Bordeaux*

Recipe by Stephanie  
Eburah  
serves 4

### Ingredients

For the dressing:

5 anchovy filets  
1 garlic clove  
1 tablespoon lemon juice  
1/4 cup olive oil  
1/2 preserved lemon minced,  
about 2 tablespoons  
salt & fresh ground black pepper  
to taste

### For the cured egg yolks:

1 1/2 cups kosher salt  
1 1/2 cups sugar  
6 egg yolks

### Directions

#### For the Dressing:

1. In a blender or in a mortar and pestle, puree the anchovies, garlic and lemon juice.
2. Drizzle/whisk in the olive oil and transfer to a bowl.
3. Stir in the minced preserved lemon and season with salt & pepper.

#### For the cured egg yolk:

Combine salt and sugar in a medium bowl. Evenly spread out half of the salt mixture in an 8x8" glass baking dish. Using the back of a tablespoon, create 6 depressions in salt mixture, spacing evenly. Carefully place an egg yolk in each depression. Gently sprinkle remaining salt mixture over yolks and tightly wrap the dish with plastic. Chill for 4 days. Preheat an oven to 150°. Brush salt mixture off each yolk, then carefully rinse under cold water to remove any remaining salt (yolks will be semi-firm, bright, and translucent). Gently pat dry with paper towels. Generously coat a wire rack set inside a rimmed baking sheet with nonstick spray or brush with vegetable oil. Place yolks on the rack and dry out in the oven until opaque and texture is like a firm Gruyère cheese, 1½–2 hours. Let cool. Store for up to a month in a sealed container in the fridge.

#### For the Treviso:

Preheat a grill (charcoal or gas) or a grill pan over medium-high heat. Trim a ¼ inch off the ends of 2 Treviso heads, making sure the heads are still intact. Halve each Treviso lengthwise and brush each half with olive oil on both sides. Brush the grill grates or grill pan with oil as well. Grill the Treviso halves, turning once, until charred on both sides, 4 to 6 minutes total. The Treviso should be nicely charred and soft on the outside and just tender on the inside. You can test by piercing the core with the tip of a knife. Transfer the Treviso halves to a serving platter and season with salt and pepper.

#### To Serve:

Drizzle with the anchovy vinaigrette, shave the cured egg yolks with a microplane over the top then sprinkle with bread crumbs and serve.



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## Fall Harvest Salad with Maple Shallot Vinaigrette

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*Suggested Pairing: Côtes du Rhône*

### Ingredients

#### Salad Base

1 head of kale  
1 pound of brussel sprouts  
1/3 cup pepitas and/or walnuts, toasted  
and roughly chopped  
1-2 apples, sliced (1 if very large!)  
1 shallot lobe, sliced  
4 cups of roasted squash  
½ cup feta, optional

#### Caramelized maple shallot vinaigrette

2 cup olive oil  
1 whole shallot, both lobes if there are two  
¼ cup apple cider vinegar  
2 tablespoons maple  
2 teaspoons thyme or rosemary  
Pinch of aleppo or red pepper flakes  
Hefty pinch of kosher or sea salt  
Black pepper

### Directions

1. Preheat oven to 400 F.
2. Trim the tough bottom of the brussel sprouts off. Slice in half from top to bottom, turn over on side and finely slice. Place in bowl. Remove rib from kale and fine slice leaves, add to bowl with brussels.
3. Cube squash if its a red kuri, kabocha, or butternut (peel if its a butternut!). You can also wedge squash which will work particularly well for a robin's koginut, black futsu, or acorn. Toss with olive oil, salt and pepper and lay out over a baking sheet.
4. Roast at 400 F for 20-40 minutes until nicely browned and soft when pricked with a fork, but not falling apart. Flip and rotate halfway through.
5. While the squash is cooking make the dressing. Turn a pan to medium low and carmelize the shallots for a few minutes.
6. Remove from heat and cool slightly. Add apple cider vinegar, maple syrup, and thyme or rosemary. Add salt, pepper and aleppo. Taste and adjust seasoning to your liking, making sure it has that nice zing to it.
7. Add apples, shallots, and squash to bowl with kale and brussels. Toss salad with half of vinaigrette and let sit for 10 minutes. Taste and if it needs more dressing, add more.
8. Top with seeds and nuts and feta, if you wish.

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### Small note from Kin Food Co about this salad:

This salad is like a celebration. It is bright, colorful and sings everything that is autumn to me. The earthy rosemary, kale, and brussel sprouts tame the sweetness of the apples and squash and it all comes together with an acidic kick of maple shallot vinaigrette. It has amazing staying power and makes a hefty amount, keeping good in the fridge for a few days. This is the salad I can eat for days on end in the fall and winter, mixing up the veggies for other roasted delights (cauliflower! Sweet potatoes!), and subbing in a pear if that is what is on hand. I love the heartiness and versatility of this salad, satiating enough to stand on its own -- the star of the show.