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Malbec And A Great Recipe

This current document discusses a wine that many can enjoy along with a great recipe, for much less cost. Here we go.

Malbec is a black-skinned grape variety originally from the Bordeaux region of France, now most widely grown in Argentina and Chile.

A tip: Many of the wines from Argentina and Chile offer a great value for the money. You are able to acquire quite good wine for a low price from either country.

Malbec is often blended with Cabernet and Gamay in France to produce Bordeaux wines. This grape produces a lush wine that ages well. When carefully produced, it combines flavours of damson plums with a violent aroma and a setting tannic structure,

Pairing: Malbec's a very versatile wine when it comes to pairing. It pairs well with a variety of beef dishes i.e., beef stew, steaks, meatballs, hamburger, sausages, roast beef etc.; lamb; pork; veal; and vegetable dishes such as mushroom based ones, and eggplant.

I've had many folks inquiring about vegetarian dishes and therefore am including vegetarian recipe that I hope many can enjoy.

Recipe: Grilled Eggplant Pizza

Ingredients:

1 pizza crust* (12-14") – you can buy a premade one or use make one from scratch using the below recipe

¾ cup pizza sauce* – use a can or if you'd like to make your own see recipe below

½ cup shredded cheddar cheese

½ small onion, chopped

½ med eggplant, peeled and cut into ¼ " rounds

2 tbs olive oil

½ tsp salt

¼ tsp black pepper

Parmesan cheese

Instructions:

Preheat grill to med-high heat.

Sprinkle both sides of eggplant with salt and pepper and arrange slices on hot grill.

Cook for 15-20 mins. Until both sides are tender, turning occasionally.

When cooked, remove from grill and let stand.

Preheat oven to 450 degrees.

Place crust on a slightly oiled, oven-safe pan and spread with pizza sauce, leaving a ½” outline of bare crust.

Spread grilled eggplant slices on top of sauce and cover with shredded cheese.

Bake for approx. 12 mins., or until crust is slightly brown and cheese is completely melted.

Serve warm or hot. Top both parmesan cheese and crushed red pepper for a bold, spicy flavor.

***Pizza Crust Dough**

3/4 tablespoon yeast

1 1/2 cup water

1 1/2 teaspoon salt

3 tablespoons oil

4 cups flour

Dissolve yeast in water (You can add a pinch of sugar). Stir in salt, oil and half of flour. Gradually add remaining flour, mixing well. Knead* 8-10 minutes or until smooth and elastic. Place in greased bowl and let rise until double (1/2-1 hour). Punch down and let rise again until double.

***How to knead pizza dough:**

To knead the dough, (for those who have never done so) sprinkle some flour on your hands and on the table where you will need the dough. Proceed to press down on the ball of dough with your hands and then fold the dough over in half and rotate it 90 degrees. Repeat the process until there is some elasticity in the mixture (but not too much.)

Punch down and divide. Pan out on pizza pans. Top with pizza sauce & toppings. Bake at 400 for 20-25 minutes.

***Pizza Sauce**

Ingredients

1 (6 ounce) can tomato paste

1 1/2 cups water

1/3 cup extra virgin olive oil

2 cloves garlic, minced

salt to taste

ground black pepper to taste

1/2 tablespoon dried oregano
1/2 tablespoon dried basil
1/2 teaspoon dried rosemary, crushed

Mix together the tomato paste, water, and olive oil. Mix well. Add garlic, salt and pepper to taste, oregano, basil, and rosemary. Mix well and let stand several hours to let flavors blend. No cooking necessary, just spread on dough.

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