



## *Stags' Leap*

### SUMMER IS OVER

#### Introduction to Recipes:

#### Savory Pumpkin Flan, Confit of Pork & Cardamom-scented Apple Chutney

We are seeing pumpkins everywhere...the silent fluttering of witches capes...the way the wind blows the fallen leaves along the road...the way our heart stops when we see a grove of trees blazing in a profusion of gold and red and orange... But it is too soon for that. Isn't it?

There are other things we must notice: how the light changes. The air becomes sharp and urgent, crisp. Embedded stirrings of nature evoke the wonderful, visceral awareness of autumn and winter coming. We feel a quickening, an excitement. It's as if the light changing electrifies our senses as we anticipate the coming of the solstice. The shorter days. The coming rain. Root vegetables. Wild mushrooms.

Fall elicits for me an inspiring shift in cooking: slow roasted meats, fragrant dishes from the orchard, creating meals that warm the body and soul, food that conjures the colors of the changing foliage, food that enlivens the hearth.

For now, I'll be putting aside the Roses and the Sauvignon Blancs and breaking out the earthy reds. Petite Syrah and Ne Cede Malis embody qualities that perfectly accompany the dishes I love to prepare in fall and winter, from the recipe of pork confit, that I offer you here, to long slow roasted oxtails, braised in red wine, the hearty soups that get better with age, the deep cultivated rich flavors of this most beautiful season.

This meal embodies the flavors and colors of the season... rich, warming, evocative. In pairing the pork confit with the Petite Syrah, I offer two side dishes ... a savory pumpkin flan and a cardamom scented apple chutney, laced with pomegranate molasses.



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### RECIPE: CONFIT OF PORK

Makes 6 servings

Pair with Stags' Leap Winery Napa Valley Petite Syrah

#### Ingredients

- 1 pork shoulder, bone-in, approximately 3–5 pounds
- 4 shallots, sliced thin
- 1 cup Fleur de Sel\*, or quality coarse sea salt
- 4 bay leaves
- 1/2 cup peppercorns, multicolored preferably, lightly toasted and crushed
- a handful of fresh thyme, leaves removed from stem
- 1/2 cup extra virgin olive oil
- 1/2 pound lard or rendered pork fat
- 2 cups red wine

\*The name comes from the aroma of violets that emerges as the sea salt is dried after it is harvested.

#### Instructions

To brine the pork, put the meat in a non-reactive bowl, or dish, and cover with the shallots and dry ingredients...drizzle a little olive oil as you toss. Cover and refrigerate for at least 24 hours.



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Pre-heat oven to 350 degrees F.

Put the pork in a baking dish and add the pork fat, or lard, the wine and cover with parchment paper, then foil over that. Or if you have a braising pan with a cover that is oven proof that would work as well. Bake for approximately 4 hours or until very tender, falling off the bone. It is good to check in on it from time to time to maintain the moisture in the pan. If you lose the liquid, add more wine or water. Just enough to keep moisture in the pan. For the last 30 minutes remove the covering and let brown. Serve with the Cardamom Scented Apple Chutney and Savory Pumpkin Flan.



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### ACCOMPANIMENT: SAVORY PUMPKIN FLAN

#### Ingredients

small Lumina\* or Sugar pumpkin, approximately 2–3 lbs  
1 finely minced shallot  
1 egg  
5 egg yolks  
1 cup whipping cream  
1 pint half and half  
1 tablespoon fresh, finely grated ginger root  
a pinch of fresh grated nutmeg  
Salt and pepper to taste

\*I prefer the Lumina pumpkins... those wonderful white ones. The meat is so sweet and creamy and make superior pies and flans!

#### Instructions

Cut the pumpkin in half, remove the seeds and place cut-side down on baking tray with a bit of water underneath. Bake in a 400 degree F. oven until soft and tender. Let cool and remove pumpkin meat from skin.

Preheat oven to 350 degrees F.



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Puree pumpkin, shallots in food processor. Add the eggs and yolks one at a time and then the cream and half and half; mix well. Add the ginger, nutmeg, salt, and pepper. Put the mixture in a buttered glass or ceramic baking dish and bake in a bain marie (double boiler), covered with parchment paper for about 45 minutes or until custard is set. Remove from oven and let cool in the pan. Serve warm.



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### ACCOMPANIMENT:

#### CARDAMOM-SCENTED PINK PEARL APPLE CHUTNEY

#### Ingredients

4 cups of diced apples, preferably pippin, or a nice tart-baking apple. If you can find Pink Pearl apples, this is the best. Try your local Farmers Market!

1/2 cup extra virgin olive oil

red onion, finely diced

fresh jalapeño chili peppers, finely minced

a nice chunk of fresh ginger root, finely grated

1/2 cups sugar

1/4 cup pomegranate molasses

a generous splash of Balsamic vinegar

Cardamom seeds, toasted and crushed

1 cup currants

#### Instructions

In a sauce pan, heat the olive oil, add the red onion and minced jalapeno chili and sauté until soft. Add the apples and ginger, stir and integrate the ingredients; add the sugar, pomegranate molasses, balsamic vinegar, cardamom, and currants and simmer at a low heat, stirring occasionally, until the apples are very tender. This should take about 30 minutes. If the mixture dries out, you can add a bit of water to keep it moist. You can make the chutney



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ahead of time, and refrigerate. It keeps very well. However, to present it with the Pork Confit and Savory Pumpkin Flan, it is nice to serve it warm.

Enjoy!

Shannon Hughes, chef and author

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