VEAL STEW

INGREDIENTS

-1.2 lbs of veal pieces, cut into 1½" cubes
-1 tbsp of flour
-Extra virgin olive oil, preferably from Kitchen76
-2 medium carrots, medium dice
-2 celery stalks, medium dice
-1 chopped onion, medium dice
-1 medium potato, medium dice
-Chili flakes (optional)
-2-3 bay leaves
-1 tbsp chopped fresh parsley
-1 cup white wine
-1 cup frozen peas
-1¼ cup chicken broth
-Olive oil, salt and pepper, to taste

Preheat the oven to 350°F.
Place the veal in a bowl. Add the flour, season well with salt and pepper, and toss until the veal is evenly coated.
Heat some olive oil in a heavy-bottomed, ovenproof pot over medium-high heat. Sear the veal until evenly browned, then transfer it to a plate.
Add a little more olive oil to the same pot, followed by the carrots, celery, onion, bay leaves, parsley and chili flakes, if using. Season with salt and pepper. Pour in the white wine and scrape up any browned bits from the bottom of the pot. Cook for 5–8 minutes.
Return the veal to the pot, add the potato and chicken broth, and stir to combine. Transfer to the oven and cook for 1 hour and 15 minutes. Stir every 30 minutes, adding more broth if the stew looks dry.
Stir in the frozen peas and return the pot to the oven for 45 minutes, or until the veal is tender. Remove the bay leaves before serving.
Serves 2 generously, or 4 people.

PAIRING

Pair this stew with Two Sisters Vineyards Merlot. Its dark fruit aromas and silky texture complement the savoury broth, while its medium body lets the delicate flavour of the veal come through.

TWO SISTERS

ITALIAN ROASTED LAMB & POTATOES

INGREDIENTS

- 6 bone-in lamb shoulder pieces, each about 2 inches thick
- 5 large Yukon Gold potatoes, peeled and cut into 3/4" slices
-1/2 cup Two Sisters Vineyards Unoaked Chardonnay
-4 garlic cloves, gently smashed in peel
-3 large fresh rosemary sprigs cut in half
-1/3 cup extra virgin olive oil
-1/2 cup dry white wine
-1.5 tsp salt & 1/2 tsp black pepper

Preheat the oven to 400°F.
Pat the lamb dry with paper towel. Rub the pieces with 1 tablespoon of olive oil and season with half the salt and pepper.
In a large bowl, toss the potato slices with the remaining olive oil, salt and pepper, the crushed garlic and half the rosemary.
Arrange the potatoes in a single layer in a large roasting pan. Nestle the lamb among the potatoes and tuck the remaining rosemary around the meat. Pour the Unoaked Chardonnay into the bottom of the pan, taking care to keep it off the seasoned lamb.
Cover the pan with parchment paper, then seal tightly with heavy-duty aluminum foil. Roast for 1 hour and 15 minutes.
Carefully remove the foil and parchment. Gently toss the potatoes in the pan juices, then return the pan to the oven, uncovered, for 15–20 minutes, until the lamb is browned and the potatoes are golden at the edges. Check that the lamb is fork-tender before removing it from the oven.
Let the lamb rest in the pan for 5 minutes. Spoon the savoury pan juices over the lamb and potatoes just before serving.
Serves 4-6 people.

PAIRING

Pair with Two Sisters Vineyards Cabernet Franc. The earthy notes and dried-herb character of this cool-climate red echo the rosemary, while bright red fruit balances the richness of the roasted lamb.