



NP Somm Club Food and Wine Pairing Adventure

May 2020

My dear NP SOMM Club Member,

*I hope you are healthy and safe and enjoying some great wines and home-made cooking 😊! During these surreal Covid 19 times, Chef Bernard & I are trying to pick some easy to make recipes understanding that it's not easy to source ingredients and cook complicated meals. That's why we picked this easy to execute summer Tuna recipe. My recommendation is to pair it with our delicious, slightly chilled Santa Barbara Pinot Noir, **Leitmotif**. However, it would go also great with some full body white wines, such as our club Chardonnay, **J.K Carriere "Lucidité"**, or a nice rich viognier.*

Bon Appétit & Nazdrave!

Nadia Pavlevska

Executive Chef Bernard Guillas

Maître Cuisinier de France Bernard Guillas is the executive chef of the La Jolla Beach and Tennis Club, the Shores Restaurant at the La Jolla Shores Hotel, and the landmark AAA 4-diamond Marine Room restaurant in La Jolla, California. In 2018, Chef Bernard was inducted into the Académie Culinaire de France as well as the Disciples of Escoffier International. An avid culinary explorer, Guillas has a roster of impressive credits that include appearances on The Today show, Martha Stewart Radio, James Beard House, Food Arts Magazine and the Discovery Channel's Great Chefs of the World television series. Guillas was named Chef Magazine's Chef of the Year and San Diego's Best Chef numerous times. Guillas is the author of two award winning cookbooks, Flying Pans "Two Chefs One World" and "Two Chefs One Catch: A Culinary Exploration of Seafood", co-authored with chef Ron Oliver. Flying Pans was awarded two IACP book of the year awards in the categories of Chefs and Restaurants and the coveted People's Choice and top 10 Cookbook at Book Expo America. Two Chefs One Catch was awarded cookbook of the year by the San Diego Book Awards Association

www.chefbernard.com / www.marineroom.com / www.ljbtc.com / www.twochefsoneworld.com

Martinique Island Roasted Tuna

With Mango Spinach Salad (Serves 4)

Cultivating my love of travel and culture, I feast my way through the picturesque and colorful food markets in Fort-de-France Martinique and visited the city's culinary gems, the spice market where spices adds color and flavor to the cuisine but also the local market stalls. At the fish market, an old man prepared a tuna steak, explaining that he just caught it off of San Miguel Island. It tasted zesty, tangy, exotic, vibrant and fresh. Delicious! –Bernard

Tuna

4	8 ounces center cut ahi tuna steak cut at least 1 inch thick
½ teaspoon	ground cumin
1/8 teaspoon	ground cardamom
¼ teaspoon	ground star anise
1/2 cup	extra virgin olive oil
1 cup	thinly sliced onion
1 tablespoon	minced garlic
¼ cup	matchstick cut peeled ginger
1/3 cup	orange juice
1/4 cup	cilantro leaves
2 tablespoons	grapeseed oil
to taste	sea salt flakes and freshly ground black pepper
1 tablespoon	extra virgin olive oil.

Combine cumin, cardamom, anise, olive oil, onion, garlic, ginger in deep dish. Add tuna and toss to coat. Cover. Refrigerate overnight. Remove tuna from marinade. Add marinade to blender with orange juice and cilantro. Blend until emulsified. Set aside. Add 1 tablespoon of grapeseed oil to large skillet over medium high heat. Sear 2 tuna steaks at the time, 30 seconds on each side for rare. Transfer to warm serving plate. Repeat process. Serve with salad and dressing.

Mango Spinach Salad

1	mango, peeled, pitted, diced
½ cup	thinly sliced red onion
1 teaspoon	finely diced red chile pepper
2 tablespoons	lime juice
3 tablespoons	canola oil
to taste	sea salt and freshly ground black pepper
1 cup	baby spinach leaves, washed, patted dry, sliced
¼ cup	sliced basil leaves
¼ cup	shaved toasted coconut

Combine mango, onion, lime juice and oil in mixing bowl. Season with salt and pepper. Add spinach, basil and coconut. Toss gently to coat leaves.