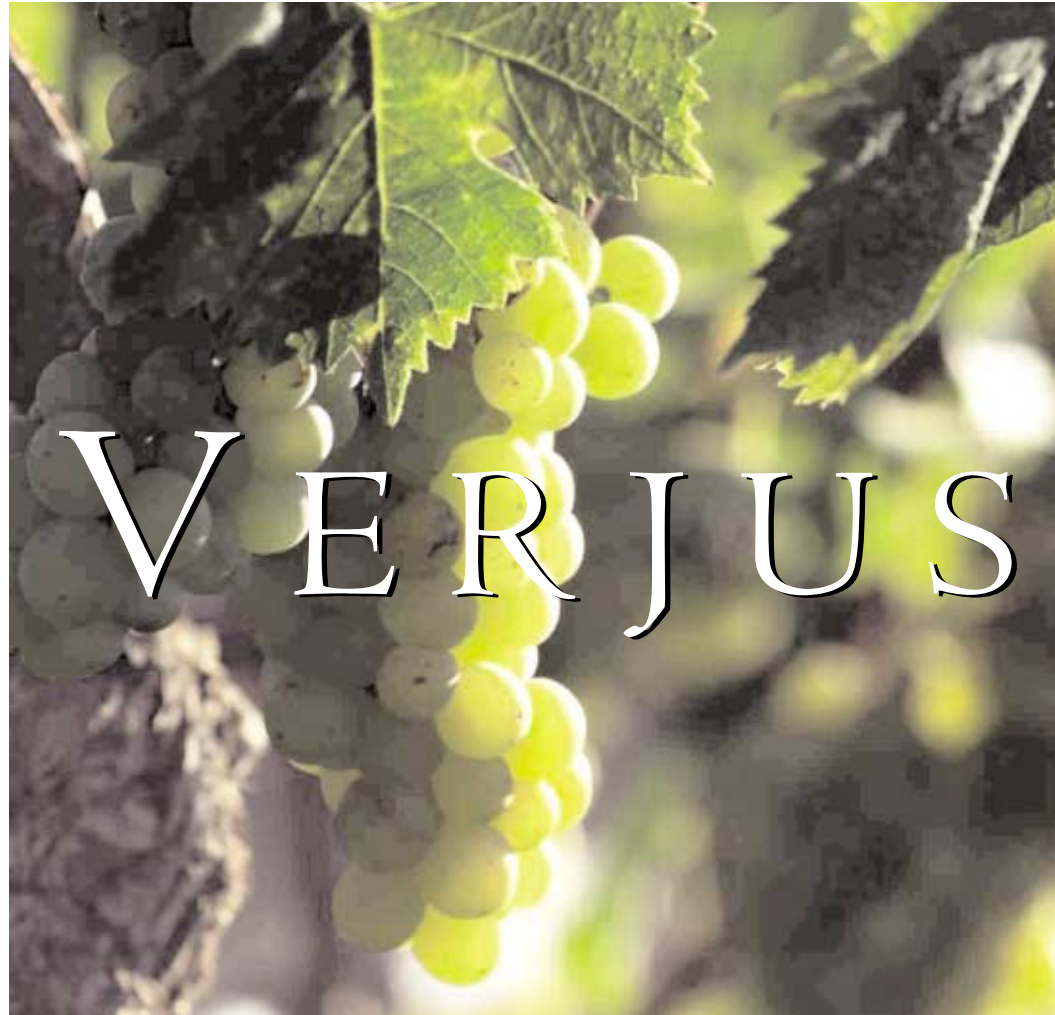


Mendocino Cooks!



*Navarro Vineyards'
Verjus Cookbook*

Not just sour grapes.

Navarro Vineyards has been making *Verjus* since the early 1980's, but the sensational ingredient has been around since the middle ages. *Verjus* is French and translated into English means "green juice." It is non-fermented grape juice from unripe grapes with high acidity and a tart apple-like flavor. In the middle ages *Verjus* was often preferred to vinegar and it was widely used as a sauce ingredient, a meat tenderizer, a condiment and as a component of salad dressing. While vinegar may interfere, *Verjus* compliments wine.

Mendocino is blessed with sparkling fresh seafood, abundant organic gardens and creative chefs who have been using Navarro's *Verjus* to bedazzle food lovers. Some of our favorite Mendocino restaurants and B&B's have been

generous enough to share their *Verjus* recipes with us. These recipes are just a few ideas of how to be creative with *Verjus*. Our daughter Sarah likes to pour it over crushed ice, adds some sparkling water and calls it "winemaker's lemonade."

Verjus can be stored just like fine wine but please refrigerate after

opening. Unlined cast iron and aluminum can react with acids such as *Verjus* to form off flavors, so an enameled cast iron, stainless steel or lined copper pan is preferred for the following recipes.

Sincerely,

Ted Bennett & Deborah Cahn



Fresh and simple.



Oysters with Verjus Mignonette

1/2 cup Verjus
1/4 cup peeled Fuji apples, 1/8 inch dice
2 tablespoons shallots, 1/8 inch dice
1/2 teaspoon fresh ground black pepper

Stir together and serve over 2 dozen fresh, raw, Point Reyes oysters on the half shell.

Alan Kantor
 MacCallum House Restaurant
 Mendocino, CA

Curried Verjus Mussels

Curry Powder

1 tablespoon cardamom pods
1 cinnamon stick
1 teaspoon whole cloves
4 teaspoons black peppercorns
3 tablespoons cumin seed
3 tablespoons coriander seed
1/2 teaspoon saffron, packed tightly
2 teaspoons turmeric

Mussels

1 tablespoon butter
2 teaspoons fresh ginger, diced
1 1/2 cup Verjus
1/2 cup heavy cream
2 teaspoons curry powder or to taste
2 pounds Prince Edward Island Mussels (small and sweet, but use local if not available; discard open mussels if they don't close when tapped)

cilantro for garnish

Toast all spices except saffron and turmeric on cookie sheet at 350° for 5 minutes. Add saffron and put in spice or coffee grinder. Grind to a fine powder. Empty into small bowl and add turmeric, so turmeric does not color your grinder. Save in tightly lidded jar for future use. (Tip: clean grinder by grinding white rice before and after use).

Sweat ginger in butter for 1 minute until soft, but not brown. Add rest of ingredients. Cover and bring to simmer in large stockpot, or pot twice as large as mussel volume. Steam gently until mussels open (do not boil, or mussels will toughen).

Serves Four

Alan Kantor
 MacCallum House Restaurant
 Mendocino, CA



A drive to the town of Mendocino always includes a stop for fresh crab in season.

Crab Caper Sauce with Brie

*1 tablespoon butter
1/2 cup chopped green onion
3 tablespoons capers
1/2 cup shredded crab
4 teaspoons cornstarch
1 cup Verjus
1 tablespoon dark brown sugar
1/8 cup pine nuts
1 pound Brie wheel,
baked on serving dish
2 sweet baguettes, sliced diagonally*

Saute butter and onions until lightly brown. Add capers and crab then set aside.

Whisk together cornstarch and 2/3 cup Verjus and cook on low heat until thickened and clear.

Combine crab mixture and sauce, stir in brown sugar. Add a little of the remaining Verjus to thin the sauce. Add pine nuts.

This sauce may be made ahead, refrigerated and reheated. Add more Verjus when reheating to get the right consistency.

Pour over baked Brie and serve with sweet baguette slices.

Jo Bradley
*The Victorian Farmhouse
Little River, CA*

Roasted Butternut Squash Soup

*1 3 pound butternut squash
2 cups sliced yellow onion
2 teaspoons finely chopped garlic
1 tablespoon olive oil*

2 cups chicken stock
1 1/2 cup Verjus*

** We make our own dark, rich stock at the Rendezvous. Canned chicken broth can be substituted, but we recommend that you reduce 4 cups of unsalted chicken broth by half for this recipe.*

*1 cup heavy cream
salt and freshly ground white pepper*

Preheat oven to 375°. Slice the squash lengthwise and scoop out seeds and pulp. Place the two squash halves flesh side down on a greased baking pan. Roast about one hour, until the squash can be easily pierced with a knife. Set aside to cool.

Place the onions, garlic, olive oil and 1 cup water in a saucepan and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until the water evaporates. Continue cooking and stirring on low until the onions are translucent.

Scrape the flesh from the squash with a large metal spoon. Add squash, chicken stock and Verjus to the onions. Bring to a boil and simmer 20 minutes. Puree in batches in a blender or food processor and pass through a sieve. Add the heavy cream and season to taste with salt (about 1 3/4 teaspoons) and white pepper (about 1/4 teaspoon).

Serve with a simple, colorful garnish such as chives.

Kim Badenhop
*Rendezvous Restaurant
Fort Bragg, CA*



Butternut squash is best with this soup, but pumpkin works too.

Spinach Salad with Pomegranate Verjus Dressing

1/3 cup Verjus
1/3 cup olive oil
1/3 cup canola oil
1/4 teaspoon sugar
1/2 teaspoon salt
1 tablespoon pomegranate essence

2 tablespoons soft goat cheese

1 pound fresh spinach leaves
1/2 cup pomegranate seeds

Combine first six ingredients for dressing.

Mix half the dressing with 1 tablespoon goat cheese.

Toss with spinach and pomegranate seeds. Add more dressing and goat cheese if needed.

Pat Daniels
Navarro Vineyards
Philo, CA.



Jesus interrupts picking Navarro grapes to gather apples for a harvest lunch.

Fall Salad with Apples, Pears and Walnuts

1 cup Verjus
1/2 cup walnut oil
1/4 teaspoon ground white pepper
1/4 teaspoon ground allspice
1/4 teaspoon dry mustard
1 garlic clove, split

1 crisp apple
1 crisp pear

1/2 pound mixed greens
1/2 cup toasted walnuts

Whisk the Verjus, oil and spices together.

Slice the apple and pear in 1/4 inch wedges and toss with dressing to coat (you will have some leftover.)

Serve over a bed of mixed greens and garnish generously with toasted walnuts.

Serves Four

Jim Larsen
The Restaurant
Fort Bragg, CA



The spinach salad, opposite, tastes best with fresh homemade Mendocino goat cheese.

Petrals with Verjus and Shallots

10 ounces Petrale Sole fillets
2 tablespoons chopped shallots
1/2 cup Verjus
1/2 cup heavy cream
1 teaspoon tomato paste

Rinse the fish and pat it dry with paper towels.

Simmer the shallots and Verjus. Add the fish and sprinkle with salt and pepper. Cover and cook over high heat for three minutes. Remove fish to a platter and store in a warm oven.

Add cream and tomato paste to the skillet. Bring to a boil and stir until the sauce thickens. Pour accumulated liquid from the fish plate into the sauce and stir. Serve immediately.

Serves Two

Fran Gage
Neighbor, Customer and Chocolatier
Philo, CA

Hollandaise for Crab

5 egg yolks
1 tablespoons Verjus
1/2 cup butter, melted

In a blender on low speed blend egg yolks. Slowly add Verjus. Add hot butter in a slow steady stream. Sauce will thicken as butter is added.

Serve with crab or asparagus.

Makes 2 cups

Jo Bradley
The Victorian Farmhouse
Little River, CA

Poached Petrale with Braised Spinach, Red Flame Grapes and Verjus

1/2 cup minced shallots
 1 tablespoon butter
 1 cup Court Bouillon
 (or canned clam juice)
 4 quarts fresh spinach leaves
 4 six ounce Petrale fillets
 1/4 cup Verjus
 1 cup seedless Red Flame Grapes, halved
 3 tablespoons chopped fresh basil
 7 tablespoons butter

Saute shallots in butter until they are soft. Add bouillon and simmer five minutes.

Wash spinach and cook in covered stock-pot with half of the stock-shallot mixture, stirring occasionally.

Meanwhile, poach the Petrale in remaining shallot and stock (about 3 minutes). Remove Petrale and set aside, covered.

Add Verjus to Petrale pan and reduce by half. Add basil and grapes. Mix in butter, 1 tablespoon at a time. Add salt and pepper to taste. Warm Petrale in sauce.

Divide spinach into four portions in the center of four warmed plates. Place Petrale on spinach and pour finished sauce over all.

Serves Four

Joe Harris
 The Moosse Café
 Mendocino, CA

Crab and Wine Days Cioppino

6 lbs ripe Roma tomatoes, peeled
 1 teaspoon Italian seasoning
 1/4 cup olive oil
 2 medium onions, 1/4 inch dice
 2 bell peppers, 1/4 inch dice
 3 stalks celery
 1 to 2 pounds Red Snapper, 1 inch pieces
 1/2 cup clam juice
 1 1/2 cup Verjus
 1/2 cup Navarro Gewurztraminer
 2 bay leaves
 salt, pepper and tabasco to taste
 1 pound salad shrimp, cleaned
 and cooked
 3 pounds fresh cooked crab

Simmer tomatoes over medium heat with Italian seasoning. Saute onions in olive oil until soft. Add peppers and celery and cook for another 3-4 minutes. Add garlic and saute lightly. Add mixture to tomatoes.

Add Red Snapper, clam juice, Verjus, Gewurztraminer and bay leaves to tomatoes. Simmer for 1 hour. Add salt, pepper and tabasco to taste and simmer for another 1/2 hour or until tomatoes are broken up. Add shrimp and crab and simmer for another 5 minutes. Serve in bowls with French bread.

Serves a crowd

Pat Hanks
 Navarro Vineyards
 Philo, CA



Dimmer at Albion River Inn is beautiful as well as delicious.

Rock Shrimp and Panko Crusted Halibut with Verjus, Honey and Lemon Sauce

3/4 cup Verjus
 2 tablespoons honey
 2 tablespoons chopped shallots
 2 tablespoons cream
 1/4 cup butter
 1 whole lemon, juiced
 salt & pepper
 4 ounces rock shrimp
 1 teaspoon fresh garlic minced
 1 teaspoon fresh shallots minced
 6 six ounce Halibut fillets
 1/2 cup Panko (Japanese breadcrumbs)
 1 tablespoon fresh chopped basil
 3 tablespoons melted butter

Sauce

Combine 1/2 cup Verjus, honey, shallots and cream in sauce pan. Reduce over medium heat until almost dry. Remove from heat and whisk in butter. Add lemon juice and salt and pepper to taste.

Fish

In saucepan add rock shrimp, shallots, garlic and 1/4 cup Verjus. Simmer until shrimp are cooked and all Verjus is reduced. Let cool. Add cooked rock shrimp, basil, Panko, and melted butter in food processor. Pulse to blend, leaving large chunks of rock shrimp. Brush fillets with melted butter and top with shrimp mixture. Bake at 400° for 15 minutes. Place on plate or platter with sauce and serve immediately.

Serves Six

Steve Smith
 Albion River Inn
 Albion, CA

The rugged beaches on the Mendocino coast beckon fishermen and sportsmen



Pan Seared Sea Scallops with Ponzu-Verjus and Wasabi Cream Sauces

12 large sea scallops (1 lb)
 1/4 cup white flour
 3 tablespoons clarified butter
 1/2 cup Verjus
 1/2 cup soy sauce
 1/4 cup fresh squeezed lemon juice
 1 1/2 tablespoons mirin (sweet sake)
 1 tablespoon cornstarch
 1 1/2 tablespoons water
 3 ounces prepared wasabi
 1/2 cup heavy cream
 2 tablespoons soy sauce
 2-3 ounces prepared pickled ginger
 brunoise of red yellow and green bell peppers for confetti

In a small bowl, dissolve the cornstarch in water. In a non-reactive saucepan, combine the verjus, soy sauce, lemon juice and mirin and bring to a boil. Reduce the heat and whisk in the cornstarch solution until thickened. Set aside and allow to cool. Fill a squeeze bottle with the cooled Ponzu-Verjus sauce.

In a small saucepan, heat the cream, then whisk in the wasabi and soy. Set aside and allow to cool. Fill squeeze bottle with the cooled Wasabi cream sauce.

Heat the clarified butter in a large saute pan until hot. Dust the scallops with flour and saute until golden brown, about 1-1 1/2 minutes per side. Do not overcook.

Using the two squeeze bottles, drizzle the sauces in a cross-hatched pattern on 4 large warmed plates. Place 3 scallops on each plate and garnish with the pickled ginger and confetti.

Shelby Creagh
 Mendocino Cafe
 Mendocino, CA

Navarro Cream Sauce with a Puree of Oven Roasted Beets for White Fish or Scallops

1 medium red beet
 1 cup Verjus
 2 sprigs thyme
 1/2 peeled and finely diced shallot
 2 bay leaves
 1/4 cup clam juice
 1/3 cup heavy cream
 3/4 cup unsalted butter
 1/4 tablespoon fresh lime juice
 1/4 cup of fresh red grape juice
 salt and white pepper to taste

Wrap beet in aluminum foil with a dash of olive oil and oven roast for approximately 1 hour 20 minutes at 400°.

In a saucepan, combine Verjus, shallots, thyme and bay leaves; simmer and reduce by half. Add clam juice and reduce. Add heavy cream, bring to below simmering point and reduce by 1/4. If sauce gets too close to boiling point, take off heat then continue.

Peel and cut roasted beet into quarters and puree with sauce until completely incorporated. Stir in lime juice and fresh grape juice. Add salt and white pepper to taste. Strain through a very fine sieve.

Serve over any grilled or sautéed white fish or scallops.

Makes Five 2.5-3 oz servings



Silver exhibits his innovative cuisine in the garden of Little River Inn.

Silver Canul
 The Little River Inn
 Little River, CA

Rosa usually dries a portion of Navarro's bumper crop of tomatoes, perfect to use in the winter with this pork recipe from The Restaurant.



Pork Scallopini with Fresh Rosemary and Sundried Tomatoes

*4 pound pork loin
flour for dredging
4 teaspoons butter
1/4 cup olive oil
salt and pepper
1/4 cup minced shallots
1-2 tablespoons flour
4 teaspoons fresh lime juice
1/4 cup fresh orange juice
1/4 cup julienned sundried tomatoes
2 teaspoons fresh rosemary
1 cup Verjus*

Cut the pork into 1/8 inch slices and pound lightly. Dredge with flour. Heat the butter and oil in a sauté pan. Add pork and brown on both sides. Salt and pepper to taste and remove to a warm platter.

Add shallots to pan and cook to soften. Add enough flour to form a roux.

Add lime juice, orange juice, sundried tomatoes and rosemary then cook for one more minute.

Deglaze with Verjus and pour sauce over pork platter. Garnish with fresh chopped parsley.

Serves Four

*Jim Larsen
The Restaurant
Fort Bragg, CA*

Pork Loin with Verjus and Fennel

*1 four to five pound pork loin
1/2 cup fennel leaves (packed)
or
1/4 cup fine chop fennel root
1 1/4 cup Verjus
1 cup dry white wine (Navarro Gewürztraminer)
2 cloves garlic, minced
1/4 teaspoon fresh ground black pepper
1/2 cup chicken stock*

Mix all ingredients except pork and 1/4 cup Verjus in large glass bowl or baking dish. Pierce pork so that liquid can penetrate. Marinate at room temperature at least 2 hours or marinate a few hours in the fridge, then take out 2 hours before cooking so it reaches room temperature.

Preheat oven to 425° and bake for 20 minutes. Reduce heat to 350° and cook for 1 to 1 1/2 hours, basting every 20 minutes.

Remove pork to a carving plate and pour and scrape drippings into a pan. Add 1/4 cup Verjus and chicken stock and reduce for 20 minutes. Slice pork and serve with the sauce.

Serves Four

*Pat Daniels
Navarro Vineyards
Philo, CA*



Pat has been the manager of Navarro's tasting room for over twenty years. Her meals are a testament to her tasting skills.



Poulet au Verjus

1 chicken cut into pieces
 1/3 cup flour
 salt and pepper
 2 tablespoons light olive oil
 2 T unsalted butter
 1 cup Verjus
 4 shallots peeled and sliced
 2 tomatoes peeled, seeded and chopped
 1 tablespoon tomato paste
 1 cup chicken stock
 2 tablespoons parsley, chervil
 and or tarragon

Season chicken with salt and pepper and coat with flour. Brown slowly in skillet about 5-7 minutes per side. Remove chicken to plate and pour off excess fat from skillet. Deglaze skillet with Verjus. Add shallots, tomatoes and paste. Return chicken and simmer 5 minutes on high heat to reduce liquid by half. Add stock and return to gentle simmer another 5-8 minutes, turning chicken pieces once. Remove chicken to low oven and reduce sauce in pan to concentrate flavors and thicken. Off heat swirl in remaining tablespoon butter and fresh chopped herbs. Serve sauce over warm chicken.

Serves Four

Chris Kump
 Café Beaujolais
 Mendocino, CA

Roasted Lemon Pepper Duck with Navarro Verjus Sauce

1 Muscovy duck
 zest of 1 lemon
 1/2 teaspoon fresh ground black pepper
 1/2 teaspoon salt
 1 teaspoon chopped garlic
 2 shallots, thinly sliced
 1 tablespoon butter
 1 cup Verjus
 1 basket blackberries
 1/2 cup duck or chicken stock

Preheat oven to 450°. Working from cavity side, gently slide finger in between the meat and skin of the duck. Combine lemon zest, salt, pepper and garlic then rub under the skin on to surface of duck meat. Tie the legs together and roast about 40 minutes, until done.

Sweat shallots in butter until soft. Turn heat to high and add Verjus, reduce by half and add blackberries and chicken stock. Reduce by half again and strain through a fine mesh strainer, pressing to remove as much sauce as possible. Reduce to desired consistency and keep warm.

Cut breast meat from duck and cut legs at the thigh joint. Pour sauce over and serve with roasted sweet potatoes mashed with garlic.

Serves Two

Nicholas Petti
 Mendo Bistro
 Fort Bragg, CA



If blackberries aren't available for this recipe, raspberries are a nice substitute.

Rabbit Pasta with Verjus and Whole Grain Mustard

1 pound rabbit meat, preferably loin flour
 3 tablespoons canola oil
 1 1/2 cups Verjus
 1 tablespoon shallots, finely chopped
 2 cups heavy cream
 4 teaspoons whole grain mustard salt
 black pepper, fresh ground
 white pepper, fresh ground
 chives, chopped for garnish



Okay, we admit it. Sometimes rabbits nibble our lettuce and vines and sometimes we nibble rabbit.

Cut the rabbit meat into strips about 1/4 inch by 2 inches. Pat the meat dry, season liberally with salt and fresh ground black pepper, dredge in flour then toss in a strainer to remove excess flour. Meanwhile, heat oil in a large saute pan until almost smoking. Add some of the rabbit-enough so that it cooks in a single layer without crowding. Cook, tossing lightly until browned. Repeat with the rest of the rabbit. If the pan begins to burn, wipe clean and start with fresh oil.

When all the rabbit is cooked, degrease the pan. Add the Verjus and shallots and cook until the shallots are translucent and the Verjus is reduced to a golden, syrupy consistency. Add the cream and reduce until thickened to a nice sauce. Whisk in the mustard. Season to taste with salt and freshly ground white pepper. Add the rabbit back to the sauce and toss to coat the meat.

Serve over Fettuccini with chive garnish.

Serves Four

Kim Badenhop
 Rendezvous Restaurant
 Fort Bragg, CA

Rack of Lamb with Verjus-Shiitake Mushroom Reduction Sauce

1/4 cup olive oil
 8 Shiitake mushroom caps, quartered
 2 tablespoons minced shallots
 2 tablespoons minced garlic
 2 tablespoons whole grain mustard
 1 cup Verjus
 1/2 cup veal or beef stock
 salt and pepper
 4 six to eight ounce racks of lamb
 (4 bones per rack)
 salt and pepper
 1/4 cup olive oil

In saucepan heat olive oil until almost smoking. Add mushrooms, shallots, garlic and mustard. Cook on medium heat 3 minutes. Add Verjus and reduce by half (about 10 minutes). Add veal or beef stock and reduce until sauce is desired consistency (about 10 minutes). Add salt and pepper to taste.

Sprinkle racks with salt & pepper. In large sauté pan, add olive oil and heat until almost smoking. Carefully add lamb and sear until golden on all sides. Place in 450° oven for 15 - 20 minutes. Remove from oven and let rest for 5 minutes. Cut into 4 chops and fan out on plate or platter. Sauce and serve immediately.

Serves Four

Steve Smith
 Albion River Inn
 Albion, CA



Navarro was a sheep ranch before the land was planted to grapes in 1974. We still raise a few lambs each year.

Verjus Granite

3/4 cup water
6 tablespoons sugar
1 cup Verjus
2 tablespoons lemon juice

Place the water and sugar in a saucepan and bring to a boil, stirring to dissolve the sugar. Remove from heat and stir in the Verjus and lemon juice. Let cool to room temperature. Place in a shallow container in the freezer. Stir every hour while the mixture is freezing to keep it homogenous, until it is a fairly thick slurry. To serve scrape the surface with a fork, creating large crystals.

Mint Verjus Granite

1 recipe Verjus Granite
1/2 cup fresh mint leaves

After removing the sugar and water from heat, add mint leaves. Cover and leave to infuse for five minutes, then strain and proceed with Verjus Granite recipe.

Yields 2 cups

Kim Badenhop
Rendezvous Restaurant
Fort Bragg, CA



Verjus Sorbet

4 cups water
2 cups sugar
3 cups Verjus

Place the water and sugar in a saucepan and bring to a boil, stirring to dissolve the sugar. Remove from heat and stir in the Verjus. Let cool to room temperature. Place in ice cream freezer and freeze according to manufacturer's instructions.

Yields 1/2 gallon

Kim Badenhop
Rendezvous Restaurant
Fort Bragg, CA

Navarro Verjus Poached Pears

4 fresh firm pears (not too ripe)
2 cups Verjus

1 cup granulated sugar
1 lemon, sliced
1 cinnamon stick

4 cloves

1/2 cup chopped toasted walnuts
1/2 cup whipped cream

Preheat oven to 350°. Skin pears, leaving stem on. Remove the core from bottom without piercing the top. Soak pears for 5 minutes in Verjus to prevent discoloration.

Strain Verjus into a heavy pot and add lemon slices, sugar, and cinnamon. Simmer gently until it becomes a light syrup (225°).

Stick a clove into each pear near the stem. Place pears in the syrup, cover and bake until soft (about 45 minutes).

Serve hot or cold with whipped cream and toasted chopped walnuts.

Serves Four

Jean and Anne Duvigneaud
Navarro Vineyards
Philo, CA



Jean and Anne keep the crush crew fed and happy during the harvest.

How to purchase Navarro Vineyards *Verjus*.



Navarro produces *Verjus* from green grapes picked off estate-grown Chardonnay and Pinot Noir grapevines. Sometimes the varieties are bottled separately and sometimes they are blended. As of Fall, 2001, Navarro *Verjus* sells for \$8.50 per 750 ml. bottle. Deduct 5% for 6 bottle orders, 10% for 12 bottle orders. *Verjus* is non-taxable and can be delivered in the continental United States with the following additional shipping prices:

	CALIF	WEST	CENTRAL	EAST
1-3 bottles	\$7.00	\$8.00	\$9.00	\$10.00
4-6 bottles	\$8.50	\$10.00	\$13.00	\$16.00
7-12 bottles	\$12.00	\$15.00	\$21.00	\$26.00

To order please phone 800-537-9463, fax (707) 895-3647, send us an email at sales@navarrowine.com or check out our website at www.navarrowine.com. You can also send us a letter at POB 47, Philo, CA 95466. *Verjus* orders can be combined with orders for Navarro's non-alcoholic Gewurztraminer and Pinot Noir Grape Juices. When ordered with wine, alternate shipping rates may apply. Availability and prices are subject to change so please contact us for the latest.

Too busy to cook?

Try tasting Navarro *Verjus* by making reservations at one of these Mendocino county restaurants which feature recipes with *Verjus*:

Albion River Inn	(707) 937-4044
Café Beaujolais	(707) 937-5614
Little River Inn	(707) 937-5942
MacCallum House	(707) 937-5763
Mendo Bistro	(707) 964-4974
Mendocino Cafe	(707) 937-2422
Moose Café	(707) 937-3611
Rendezvous	(707) 964-8142
The Restaurant	(707) 964-9800
Victorian Farmhouse	(707) 937-0697