



WINE PAIRING RECIPES

14 COMPLIMENTARY DISHES TO
ENJOY ALONGSIDE YOUR
FAVORITE WINES



Full Bloom 2022 eBook



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Spring Salad with Shrimp and Pesto Dressing

Pairs well with Bubbly/Sparkling Wine

Dressing:

- 1 cup basil leaves, washed
- 1/3 cup olive oil
- 2 tablespoons white wine vinegar
- 2 cloves garlic
- 1/4 cup Parmesan cheese, shredded
- sea salt and freshly ground black pepper

Salad:

- 1 tablespoon grass fed butter
- 1 pound raw shrimp, peeled and deveined
- sea salt and freshly ground black pepper to taste
- 4 cups baby arugula
- 2 cups baby spinach
- 3 medium vine-ripened tomatoes, chopped
- 1 small red onion, chopped
- 3 large radishes, sliced
- 5 large strawberries, sliced

Method:

To prepare dressing, place all ingredients in a food processor and blend until smooth. Set aside once done (if too thick, additional olive oil can be used to thin it). Heat the butter in a large skillet over medium high heat. Add shrimp to melted butter and season with salt and pepper. Sear for 3 to 4 minutes per side or until shrimp is pink and opaque. In a large bowl, toss together remaining ingredients (arugula through strawberries). Add shrimp

Thyme for Coffee Steak

Pairs well with a dry full bodied red wine

Ingredients:

- 4 tablespoons finely ground coffee, preferably dark roast
- 2 teaspoons dried thyme
- 2 teaspoons sea salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon chili powder
- 4 (6 to 8 ounce) sirloin steaks, or your preferred cut
- olive oil

Instructions:

Preheat outdoor grill to medium high. In a small bowl, mix together first 7 ingredients (coffee through chili powder). Generously rub all sides of steaks with mixture. Brush the grill grate with olive oil and grill each steak for 7 to 8 minutes per side or until cooked to your preferred doneness.



Unconventional Alfredo

Pairs well with a dry white wine

Ingredients:

- 1 box of linguine pasta
- 4 tablespoons grass fed butter
- 1 cup heavy cream
- 2 cups milk
- 6 ounces cream cheese
- 2 skinless boneless chicken breasts, grilled and chopped
- 1 cup asparagus, chopped
- 1 red bell pepper, seeded and sliced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- sea salt and freshly ground black pepper to taste

Instructions:

Prepare pasta according to instructions on box, set aside once done. In a heavy bottom sauce pan, heat butter over medium high heat. Once completely melted, add cream, milk, and cream cheese. Stir and whisk until cream cheese clumps are smoothed. Then add remaining ingredients. Turn heat to medium low, and continue to stir. Cook for 4 to 6 minutes or until asparagus is tender. Transfer noodles into a large bowl, pour sauce over the top, toss, and serve.

Pairs well with a medium red wine

Ingredients:

1 cup ketchup

3 tablespoons brown sugar

1/4 cup apple cider vinegar

1 teaspoon red pepper flakes

4 individual sized pita breads

1 cup fresh mozzarella, sliced

1 small onion, sliced

1/2 green bell pepper, seeded and sliced

1/2 cup bacon crumbles

Instructions:

Preheat oven to 375 degrees. In a medium bowl, add ketchup, sugar, vinegar, and red pepper flakes. Whisk together until fully combined. Place pita breads on a baking sheet, and lather a generous layer of the homemade barbeque sauce over the top. Then layer remaining ingredients (mozzarella through bacon). Place pizzas in oven and bake for 20 minutes, or until pita is lightly browned.



Drunken Beef Stew

Pairs well with a light red wine

Ingredients:

- 1 tablespoon olive oil
- 1 1/2 pounds beef stew meat
- 2 cups low sodium beef broth
- 1 cup Malbec
- 1 medium onion, chopped
- 5 large red potatoes, chopped
- 1 cup mushrooms, sliced
- 1 clove garlic, minced
- sea salt and freshly ground black pepper to taste
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin

Instructions:

In a medium skillet, heat olive oil over high heat. Quickly brown all sides of stew meat, 20-30 seconds per side. And remove from heat. Transfer meat into a large slow cooker and add remaining ingredients. Cook on low for 7 to 8 hours. Enjoy h



Parmesan Crusted Pork Chops

Pairs well with a dry medium body red

Ingredients:

- 2 cups grated parmesan cheese
- 3 teaspoons sea salt
- 2 teaspoons freshly ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon coriander
- 1 cup buttermilk
- 1 egg
- 4 (6 ounce) pork chops

Instructions:

Preheat oven to 375 degrees. In a wide bowl, combine first 6 ingredients (cheese through coriander). Set aside. In a separate wide bowl, whisk together buttermilk and egg. Drip pork chops into the milk mixture, make sure it's completely saturated, and then roll it in the cheese mixture until fully covered. Do this with all pork chops. Place chops onto a parchment lined baking sheet and place in the oven for 40-50 minutes until cooked through.



Pineapple Shrimp Fried Rice

Pairs well with a sweet white or rosè wine

Ingredients:

3 tablespoons coconut oil

1 pound raw shrimp, peeled and deveined

1 medium onion, chopped

2 eggs

3 cups white rice, steamed

1 pineapple, cored and cubed

1 cup carrots, shredded

1/4 cup soy sauce

sea salt and freshly ground black pepper to taste

Instructions:

In a large wok (or skillet), heat coconut oil over medium high heat. Add shrimp and toss for 2 to 3 minutes or until it's nearly cooked through. Then add onion and cook for another 2 minutes. By pushing aside shrimp and onion, make a hole in the center of the pan for the eggs. Add both eggs to center of the pan and pile remaining ingredients on top (rice through salt and pepper). Stir immediately and continue stirring for 5 to 8 minutes or until egg has cooked through and rice is reasonably fried. Serve hot.



Wilted Spinach and Shrimp with a Ricotta Cream Sauce

Pairs well with a dry white wine

Ingredients:

- 8 tablespoons grass fed butter, divided
- 6 cups baby spinach
- 2 cloves garlic, minced
- sea salt and freshly ground black pepper to taste
- 2 pounds raw shrimp, peeled and deveined
- 1 small shallot minced
- 1/2 cup ricotta cheese
- 1 cup whole milk
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon white pepper
- 1/2 teaspoon coriander
- 1/4 teaspoon cayenne pepper

Instructions:

In a large skillet, heat 2 tablespoons of butter over medium high heat. Add spinach and garlic, season with salt and pepper and stir for about 3 to 4 minutes or until spinach has totally wilted and reduced to half the size. Set aside. In another large skillet, heat 2 tablespoons of butter over medium high heat. Then add shrimp, season with salt and pepper and cook for 3 to 4 minutes per side or until pink and opaque. Set aside. In a medium heavy bottom sauce pan, heat remaining 4 tablespoons of butter over medium heat. Add shallot and cook for 1 to 2 minutes until shallot is tender. Add remaining ingredients (ricotta through cayenne) and salt and pepper to taste. Whisk everything together and turn heat down to low. Simmer for

Feta Basil Crossontis

Pairs well with a dry red wine

Ingredients:

3/4 cup feta cheese

1/3 cup basil leaves, washed

1 tablespoon olive oil

sea salt and freshly ground black pepper to taste

1 French baguette, sliced

Instructions:

In a food processor, combine all ingredients except baguette. Blend until smooth. Then simply spread the basil mixture over the tops over the bread slices and serve.



Grilled Chicken Wedge Salad

Pairs well with any white wine

Ingredients:

- 1 large head of iceberg lettuce, cut into 4 wedges
- 2 skinless boneless chicken breasts, grilled and sliced
- 2/3 cup bacon crumbles
- 1 cup cherry tomatoes, halved
- sea salt and freshly ground black pepper to taste
- 1/2 cup blue cheese dressing

Instructions:

Arrange each wedge on their own plate. Carefully layer it with all remaining ingredients (chicken through blue cheese dressing), and serve cold.



Grapefruit Doused Chicken

Pairs well with Rosé

Ingredients:

2 large grapefruits, juiced

1/4 cup white wine vinegar

3 tablespoons olive oil

1 medium shallot, minced

sea salt and freshly ground black pepper to taste

1/2 teaspoon paprika

1/2 teaspoon coriander

4 skinless boneless chicken breast halves

Instructions:

In a medium bowl, whisk together all ingredients except chicken. Place chicken in a large zipper topped bag and pour mixture over the top. Release excess air, seal, and place in refrigerator to marinate at least 3 hours or overnight. At time of cooking, preheat outdoor grill to medium high heat. Remove chicken from refrigerator and marinate. Grill chicken for 7 to 8 minutes per side or until cooked through. [Find the recipe](#)



Cilantro Lime Chicken

Pairs well with a dry white wine

Ingredients:

- 3 large limes, juiced
- 3 tablespoons apple cider vinegar
- 1/3 cup cilantro, minced
- 2 cloves garlic, minced
- 1 small onion, chopped
- 3 tablespoons olive oil
- sea salt and freshly ground black pepper to taste
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon onion powder
- 4 skinless boneless chicken breast halves

Instructions:

In a medium bowl, whisk together all ingredients except chicken. Place chicken in a large zipper topped bag and pour mixture over the top. Release excess air, seal, and place in refrigerator to marinate at least 3 hours or overnight. At time of cooking preheat outdoor grill to medium high heat. Remove chicken from refrigerator and marinate. Grill for 7 to 8 minutes per side or until cooked through.

Herb Roasted Root Veggies

Pairs well with a medium red wine

Ingredients:

- 3 large beets, scrubbed and cubed
- 1 large sweet potato, cubed
- 3 large red potatoes, cubed
- 2 large carrots, sliced
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper

Instructions:

Preheat oven to 375 degrees. Place all veggies (beets through carrots), in a large bowl and set aside. In a small bowl, whisk together remaining ingredients (oil through pepper). Pour mixture over veggies and toss. Transfer to a baking dish and place in oven for 30 to 40 minutes or until veggies are fork tender. Serve warm.



Cinnamon Pork Tenderloin

Pairs well with a full bodied red wine

Ingredients:

- 2 teaspoons sea salt
- 1 teaspoon cinnamon
- 1 teaspoon freshly ground black pepper
- 1 teaspoon coriander
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried thyme
- 2 pound pork tenderloin
- 1 1/2 cups low sodium chicken broth
- 1 medium onion, chopped

Instructions:

In a small bowl, combine spices (salt through thyme). Rub mixture all over pork tenderloin and set aside. In a large slow cooker, add onion and broth. Then add tenderloin on top. Cook on low for 7 to 8 hours or on high for 3 to 4. Serve hot and with your favorite sides.

