



CAPAY VALLEY FARM SHOP BOX

Navel Oranges from Blue Heron Farm

Sweet heavens we can't even give citrus away right now, there's so much of it coming out of our little California ears. We're such poor souls (wink, wink—NOT!). But in all seriousness, we do need something to do with this stuff other than peeling and eating it mid-afternoon. Here's a recent favorite recipe...

Spicy Orange Salad

- * 3 large seedless oranges
- * 1/8 t cayenne
- * 1 t paprika
- * 1/2 t diced shallot or red onion
- * 3 T olive oil
- * 1 T red-wine or sherry vinegar
- * Salt
- * Freshly ground black pepper
- * ½ cup chopped parsley
- * 12 pitted Kalamata olives

Segment the oranges by slicing off the ends with a sharp knife. Put the orange on one end and, with a small, sharp knife, cut off the peel and white pith. Segment the orange by slicing between the membranes. Remove the segments and drop into a bowl. Set aside.

Place the cayenne, paprika, shallot or red onion, olive oil and vinegar in a salad bowl. Add salt and pepper to taste and whisk to combine. Add the oranges, parsley and olives. Toss gently to blend. Serve on a beautiful platter with gratitude.

Pair with: Florian Lauer Barrel X Saar Riesling (\$21)

High acid and a little spice in the salad? Need to match that acid with acid, and need to counter that spice with just a tiny touch of sweetness. The sweetness in the wine also matches up against the slight sweetness of the oranges. Bonus points for this wine having really low alcohol, so you can drink it with the salad and then move onto below recipe for your main course! P.S. Florian Lauer = rock star in the Saar region of Germany, known for sharp-lined and purer than pure Rieslings.

Red Spring Onions from Full Belly Farm

We've been using spring onions and leeks in place of regular ol' onions in every basic soup/stew we're making these days (just to use them up), but this decadent homerun hit is our favorite way to use up these particular alliums...

Spaghetti Carbonara

- * ½ pound bacon or pancetta, chopped
- * 3 T unsalted butter
- * ½ cup whole milk
- * Kosher salt and black pepper
- * 2 red spring onions, thinly sliced
- * 1 whole egg plus yolk of one egg, whisked
- * ½ cup grated Parmesan
- * 2/3 pound dried spaghetti

In a large skillet over medium-high heat, cook bacon or pancetta until desired crispness. Use a slotted spoon to remove bacon from pan. Drain most of the fat from the pan. Meanwhile, bring a large pot of heavily salted water to a boil and cook the pasta. Add your butter and melt, then reduce heat to low. Add milk, salt and black pepper to taste, and stir to combine. Allow the milk mixture to cook gently while you wait for the pasta to finish. Just before the pasta has reached al dente, use tongs to remove it from the pot and add it to the skillet with milk and butter. You want a bit of the pasta cooking water to get into the milk and butter. Add onions, egg and Parmesan. Stir gently to coat the pasta, then immediately remove from heat so that the egg doesn't scramble. Finish with a scattering of Parmesan and a good crack of black pepper, then try not to lick the spoon and skillet (or go ahead and do it... no one's watching!).

Pair with: Alder Springs Vineyard Row Five Syrah 2011 (\$29)

You might not immediately think of a California Syrah with pasta—but it's the *stuff other than the pasta* that you have to look at for smart pairings. Here, we've got bacon and black pepper: two of the most common non-fruit notes of the Syrah grape! Alder Springs' version is from the far northern reaches of cool-climate Mendocino, which means it's less fruit-forward (less heat means less ripeness) and more earth/spice-dominant. We also love the way the tannins of the wine cut through the fattiness of the luscious dish.