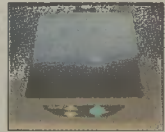


B
Section

LIFE



IN RELIGION
From R&B to gospel, singer Dave Hollister says he has a new message.



Cabernet-Braised Short Ribs

Prep time: 20 minutes
Cook time: 3 hours

- 3 to 4 pounds bone-in beef short ribs (4 large short ribs)
- Sea salt and freshly ground pepper
- 1 tablespoon olive oil
- 1 pound small parsnips, peeled and cut into chunks
- 4 medium carrots, peeled and cut into chunks
- 1 medium onion, peeled and cubed
- 1 garlic bulb, peeled and sectioned
- 1 tablespoon all-purpose flour
- 1 (750-milliliter) bottle Mirassou California Cabernet Sauvignon
- 1 (14 1/2-ounce) can reduced sodium beef broth
- 1 tablespoon Dijon mustard
- 2 tablespoons chopped fresh thyme

Season short ribs with salt and pepper. Working in batches in large pot, cook in oil on medium-high heat until well browned. Remove from pot and set aside.

Add parsnips, carrots, onion and garlic; cook over medium heat, stirring frequently, 10 minutes. Stir in flour and cook 1 minute more. Add wine, broth and mustard to pot, scraping up any browned bits on bottom of pot with wooden spoon.

Return short ribs to pot. Bring to boil; reduce heat and simmer over low heat, covered but with lid cracked, 2 hours. Remove cover and simmer over medium-high heat 30 minutes. Season to taste with thyme, salt and pepper. Serve over soft polenta or mashed potatoes. *Makes 4 servings*

The main cue in food and wine pairing is the type of sauce or spice used on each dish, so pair these hearty short ribs with the same Cabernet Sauvignon used in the sauce.

FAMILY FEATURES

Seasonal Food and Wine Pairings

Fall has arrived and with it comes the reawakening of the kitchen, when outdoor grilling and summer salads give way to hearty harvest cooking. Fall is distinctive for its rich dishes filled with flavorful root vegetables such as parsnips and fragrant fruits such as pears. Using fresh produce that is abundant in the fall is not only the best tasting, but is also a sensory pleasure that can truly enhance the cooking experience.

Fall favorites of comforting rich stews and tender braised meats paired with bold red wines are the perfect complement for chilly autumn nights. David Mirassou of Mirassou Winery®, sixth-generation family member of America's oldest winemaking family, speaks about seasonal food and wine pairings in his travels throughout the country.

When menus change to rich sauces and piping-hot dishes, so too will the wine selection. Mirassou suggests keeping in mind complementing aromas, textures and dominant flavors when choosing a wine for a fall meal. He enjoys pairing complex flavors of spiced stews and braised meats with full-bodied Cabernet Sauvignon or velvety Merlot, and accompanying rich chocolate desserts in the colder months with a luscious Pinot Noir.

For more delicious recipes or wine suggestions, visit www.mirassou.com.

FALL

for

Autumn's Bountiful Flavors

Wilted Greens With Pinot Pears

Prep time: 10 minutes
Cook time: 25 minutes

- 2 strips bacon
- 2 pears, cored and cut into wedges
- 1 tablespoon honey
- 1 teaspoon sherry vinegar
- 1/2 cup Mirassou California Pinot Noir
- 6 cups chopped greens such as red Swiss chard
- Salt and freshly ground pepper to taste
- 1/2 cup crumbled blue cheese

Cook bacon in large skillet over medium heat until crisp. Remove from skillet and drain all but 1 tablespoon fat. Add pears, honey and vinegar; cook 5 minutes or until lightly browned. Stir in wine; cook until wine is absorbed by pears. Stir in chard; cook and stir until just barely wilted. Season to taste with salt and pepper. Transfer to plates and top with crumbled bacon and blue cheese. *Makes 4 servings*

Pair this salad with the same Pinot Noir used in the sauce.



Chocolate Croissant Bread Pudding

Prep time: 15 minutes
Stand time: 1 hour
Cook time: 40 to 45 minutes total

- 4 to 5 large croissants, cut into 1-inch cubes (6 cups)
- 5 tablespoons softened butter, divided
- 2 cups half-and-half
- 6 ounces bittersweet chocolate, chopped
- 1 teaspoon vanilla extract
- 2/3 cup sugar
- 3 eggs
- Powdered sugar for garnish
- Fresh mint for garnish

Preheat oven to 350°F. Spread croissant cubes on baking sheet. Bake until lightly toasted; set aside and turn off oven.

Spread 1 tablespoon butter in bottom of 8- or 9-inch square baking dish and add toasted croissant cubes. Heat half-and-half and remaining butter in medium saucepan until almost boiling; slowly whisk in chocolate and vanilla; let cool 10 minutes.

Whisk together sugar and eggs in medium bowl and slowly whisk in chocolate mixture. Pour over croissant cubes, making sure all are coated. Let stand 1 hour.

Bake 35 minutes. Serve warm dusted with powdered sugar and garnished with mint. *Makes 8 servings*

For a dessert match made in heaven, try pairing chocolate with a Pinot Noir such as Mirassou Winery's California Pinot Noir.

