

Recipe and Pairing

Salad with Bacon and Poached Egg

Ingredients:

8 slices bacon cooked and cut into ½ inch pieces
1 small shallot, minced
1.5 tablespoons red wine vinegar
1.5 teaspoons Dijon mustard
3 tablespoons extra-virgin olive oil
Salt and pepper
1 teaspoon white vinegar
4 eggs
8 loosely packed cups mixed salad greens
Optional snipped fresh chives for garnish

Dressing:

Heat 1 tbs. olive oil in small sauté pan
Add shallot, cook until soft about 1 min
Add red wine vinegar
Remove from heat and whisk in mustard & rest of oil
Salt and pepper to taste

Salad:

Poach eggs: heat water 2-3 inches deep in pan or pot
Add white vinegar and salt, bring to simmer
Holding eggs near the surface, gently break into water
Poach about 4 minutes until yolks start to thicken
(they'll still look bright and liquidy)
Remove carefully and drain
Toss dressing with greens and place on 4 plates
Place one egg on each plate
Add chives (optional) and serve
Adapted from a Boston Globe recipe. Serves four.



Wine Pairing

This dish has several contrasting elements, each of which might indicate a different wine. Putting them all together led to our choice of a non-oaked Chardonnay, although a light Pinot Noir or Beaujolais could also work; one with smoky accents would be especially nice with the bacon. A salad with vinegar in the dressing traditionally would call for a Sauvignon Blanc. The bacon, on the other hand, pairs better with a red wine. The Dijon mustard could be a Chardonnay or Pinot Noir (both grown near the source of Dijon mustard). Eggs are not particularly wine friendly by themselves, but when mixed in with the other ingredients seemed to us to call for a medium-bodied wine (not too light or too powerful). We chose an unoaked Chardonnay from Chablis, France (Larochette Manciat, Macon Les Morizottes 2006) which stands up to the vinegar (without the oak), yet is medium bodied and melds with the Dijon and bacon. If you try this dish, let us know what your experience is with the pairing.