



SENTRY HILL WINERY



Cooking with New Zealand Fruit Wine



SENTRY HILL
WINERY

*W*elcome to the first edition of

"Cooking with New Zealand fruit wine"

This recipe booklet has been designed for you, by Sentry Hill Winery, so that you can enjoy the different flavour sensations' of cooking with New Zealand fruit wines. Please enjoy & share with your family, friends and work colleagues.

"Bon Appétit"

Stephen J Parkes

Steve Parkes - Managing Director



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Sentry Hill Winery has produced wines which have won approval from Wine enthusiasts throughout New Zealand, and the highest awards from the Fruit Wine industry over the last 25 years. These include gold and silver medals and the "Best Red Fruit Wine". Wines are produced by traditional methods, with meticulous attention to detail, whilst still taking advantage of modern techniques. The resulting wines are clean, crisp and true to the flavour of the fruit from which they originate.

GARRISON RED MEDIUM - A medium, full flavoured Boysenberry wine, displaying a deliciously intense berry aroma and velvety palate with the complexity of oak. Ideal accompaniment to roast meats and barbeques. Perfect with creamy cheeses,
Serve at 17-18°C



KIWIFRUIT - A tangy, crisp Kiwifruit wine. Ideal accompaniment to seafood dishes. Perfect with pasta dishes, Serve at 3-4°C



FEIJOA SUPREME - A medium clean, crisp Feijoa wine, displaying a deliciously intense feijoa aroma and flavour. Ideal accompaniment to poultry dishes, Perfect for summer picnics,
Serve 3-4°C



TROOPERS GREEN GINGER - A spicy, sweet ginger wine displaying an intense ginger aroma. Ideal accompaniment with Rum or Brandy. Perfect drizzled over honeydew watermelon. Serve at 17-18°C





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Balsamic Glazed Salmon Fillets

Ingredients

- 852 g salmon fillets
- 4 cloves garlic, minced
- 50 ml Sentry Hill Kiwifruit wine
- 15 ml honey
- 80 ml balsamic vinegar
- 20 ml Dijon mustard
- salt and pepper to taste
- 6 g chopped fresh oregano

Serves 6



Directions

Preheat oven to 200°C. Line a baking sheet with aluminum foil, and spray with non-stick cooking spray. Coat a small saucepan with non-stick cooking spray. Over medium heat, cook and stir garlic until soft, about 3 minutes. Mix in kiwifruit wine, honey, balsamic vinegar, mustard, and salt and pepper. Simmer, uncovered, for about 3 minutes, or until slightly thickened. Arrange salmon fillets on foil-lined baking sheet. Brush fillets with balsamic glaze, and sprinkle with oregano. Bake in preheated oven for 10 to 14 minutes, or until flesh flakes easily with a fork. Brush fillets with remaining glaze, and season with salt and pepper. Use a spatula to transfer fillets to serving platter, leaving the skin behind on the foil.



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Tarragon Lover's Scallops

Ingredients

- 30 ml olive oil
- 70 g butter, divided
- 680 g sea scallops, rinsed and drained
- 6 g salt to taste
- 0.5 g freshly ground black pepper
- 120 ml Sentry Hill Kiwifruit wine
- 1 lemon, zested
- 10 g chopped fresh tarragon

Serves 4



Directions

Heat 1 tablespoon olive oil and 1/2 tablespoon butter in a large skillet over medium heat. Season scallops with salt and pepper. Place half of the scallops in the skillet without crowding; cook until browned, about 2 to 3 minutes on each side. Remove scallops to a plate. Heat 1 tablespoon olive oil and 1/2 tablespoon butter in the skillet, and cook remaining scallops. Remove to plate. Wipe out skillet, and return skillet to medium heat. Pour in wine, and boil 1 or 2 minutes, until reduced to about 2 tablespoons. Reduce heat to low, and whisk in the remaining 4 tablespoons butter; just softening butter to form a smooth sauce. Stir in salt, lemon zest, and tarragon. Pour sauce over scallops.



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Shrimp and Feta Cheese Pasta

Ingredients

- 45 ml olive oil
- 455 g shrimp, peeled and deveined
- 5 cloves garlic, minced
- 100 ml Sentry Hill Kiwifruit wine
- 455 g linguine pasta
- 2 tomatoes, chopped
- 2 g dried oregano
- 0.7 g dried basil
- 168 g crumbled feta cheese

Serves 5



Directions

In a medium skillet over medium heat, heat 2 tablespoons olive oil. Cook shrimp, garlic and Kiwifruit wine for 5 minutes, or until shrimp is pink. Remove shrimp with slotted spoon and set aside. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. While pasta is cooking, cook tomatoes with remaining 1 tablespoon oil, oregano and basil over medium heat in wine mixture until tender, 10 minutes. Toss hot pasta with shrimp, tomato sauce and feta. Feta will melt slightly. Serve.



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Rosemary Roasted Turkey

Ingredients

Serves 10

- 180 ml olive oil
- 25 g minced garlic
- 3 g chopped fresh rosemary
- 3 g chopped fresh basil
- 450mls Sentry Hill Feijoa Supreme wine
- 5 g Italian seasoning
- 2 g ground black pepper
- salt to taste
- 1 (4kg) whole turkey



Directions

Preheat oven to 165°C. In a small bowl, mix the olive oil, garlic, rosemary, basil, Italian seasoning, 100mls Feijoa Supreme, black pepper and salt. Set aside. Wash the turkey inside and out; pat dry. Remove any large fat deposits. Loosen the skin from the breast. This is done by slowly working your fingers between the breast and the skin. Work it loose to the end of the drumstick, being careful not to tear the skin. Using your hand, spread a generous amount of the rosemary mixture under the breast skin and down the thigh and leg. Rub the remainder of the rosemary mixture over the outside of the breast. Use toothpicks to seal skin over any exposed breast meat. Place the turkey on a rack in a roasting pan. Add 350mls Feijoa Supreme. Roast in the preheated oven 3 to 4 hours, or until the internal temperature of the bird reaches 80°C.



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Spice-Rubbed Chicken Breasts

Ingredients

Serves 8

- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3/4 teaspoon ground allspice
- 8 skinless boneless chicken breast halves
- 8 tablespoons olive oil
- 1/2 cup Sentry Hill Feijoa Supreme
- 2 teaspoon chicken stock
- 2 tablespoons minced shallots
- 1 teaspoon chopped fresh thyme
- 4 tablespoons chopped fresh parsley



Directions

Mix salt, pepper, and 1/2 teaspoon allspice in small bowl. Rub spice mixture over both sides of chicken. Heat 1 tablespoon oil in each of 2 large nonstick skillet over medium-high heat. Divide chicken between skillets and sauté until cooked through, about 4 minutes per side. Transfer chicken to work surface. Tent with foil to keep warm. Add 1/4 cup wine to each skillet and bring to boil, scraping up any browned bits. Combine wine in 1 skillet. Stir in chicken stock. Boil until reduced to 1/2 cup, about 5 minutes. Whisk in shallots, thyme, 6 tablespoons oil, and 1/4 teaspoon allspice; season sauce with salt and pepper. Cut chicken crosswise into 1/2-inch-thick slices. Divide chicken among plates. Spoon sauce over. Sprinkle with parsley.



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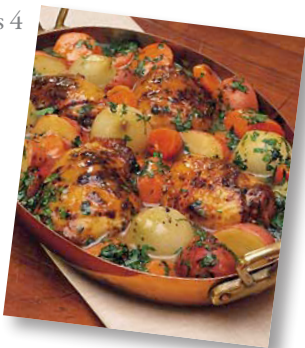
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Skillet Chicken and Vegetables

Ingredients

Serves 4

- 4 chicken thighs with skin and bone
- 1 tablespoon paprika
- 2 tablespoons vegetable oil
- 3/4 pound small red-skinned potatoes, halved
- 8 boiling onions, peeled
- 2 large carrots, peeled, cut into 25mm pieces
- 1 tablespoon all purpose flour
- 1 tablespoon chicken stock
- 1/2 cup Sentry Hill Feijoa Supreme
- Chopped fresh parsley



Directions

Sprinkle chicken on all sides with paprika, salt, and pepper. Heat oil in heavy large skillet over medium-high heat. Add chicken and sauté until brown, about 3 minutes per side. Transfer chicken to plate. Add vegetables and stir 2 minutes. Sprinkle vegetables with flour and stir to coat. Gradually stir in stock and wine; bring to boil, stirring frequently. Return chicken and any juices to skillet; bring to boil. Reduce heat to medium-low. Cover and simmer until chicken is cooked through, about 30 minutes. Season with salt and pepper. Sprinkle with parsley.



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Duck Breasts with Raspberry Sauce

Ingredients

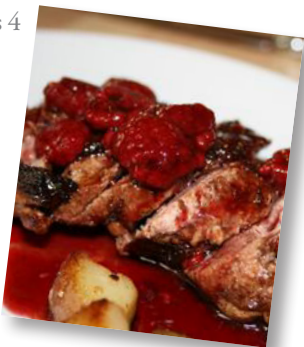
Serves 4

- 4 duck breast halves
- 10 g sea salt
- 5 g ground cinnamon
- 6 g sugar
- 120 ml Sentry Hill Garrison Red wine
- 3 g cornstarch
- 110 g raspberries

Directions

Preheat oven on broiler setting. Use a fork to score the duck breasts through the skin and fat but not all the way through to the meat.

Heat a large heavy skillet on medium high. Fry the duck breasts skin side down, until the skin browns and fat runs out, about 10 minutes. Remove the breasts from the pan, and pour off most of the fat. Return breasts to pan, and fry skin side up for another 10 minutes. Remove breasts from pan, and allow to rest on a baking sheet. Mix the sea salt, cinnamon and sugar together and sprinkle over the skin of the duck breasts. Pour most of the fat out of the frying pan. Mix together the Garrison Red wine, and cornstarch in a small bowl. Pour into the pan, and simmer for 3 minutes, stirring constantly, until the sauce is thickened. Add raspberries, and simmer for another minute until heated through. Broil the duck breasts skin side up, until the sugar begins to caramelize, about 1 minute. Slice the duck breasts thinly, pour a little sauce over the top, and serve warm.



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Beef Tenderloin with Red Wine Sauce, Creamed Spinach

Ingredients

Serves 4

- 2 tablespoons canola oil
- Onion (about 2 cups)
- 175 g sliced mushrooms
- 2 tablespoons sugar
- 750 ml Sentry Hill Garrison Red wine
- 1 tablespoon chicken stock
- 1 tablespoon beef stock
- 2 fresh thyme sprigs
- 1 1/2 teaspoons black peppercorns
- 1 bay leaf
- 1 tablespoon butter, room temperature
- 1 tablespoon all purpose flour
- 700 gm beef tenderloin roast
- 1 tablespoon olive oil
- 1 cup whipping cream
- 500 gm fresh baby spinach leaves



Directions

For red wine sauce:

Heat oil in heavy large saucepan over medium-high heat. Add shallots and mushrooms; sauté until tender, about 12 minutes. Sprinkle sugar over; sauté until mixture is deep brown, about 4 minutes longer. Add Garrison Red wine; boil until reduced by half, about 20 minutes. Add both stocks, thyme, peppercorns, and bay leaf; bring to boil. Reduce heat to medium; simmer uncovered 35 minutes to blend flavors, stirring occasionally.



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Beef Tenderloin with Red Wine Sauce, Creamed Spinach continued ...

Strain sauce through fine strainer into small saucepan; discard solids. Mix butter and flour in small bowl. Bring sauce to simmer over medium-high heat; gradually whisk in flour mixture. Cook until sauce is reduced to 1 1/4 cups, about 5 minutes. (Sauce can be made 1 day ahead. Cover; chill. Rewarm over medium heat).

For beef tenderloin:

Preheat oven to 180°C. Place rack on rimmed baking sheet. Sprinkle beef generously with salt and pepper. Heat oil in heavy large skillet over high heat. Add beef to skillet and cook until brown on all sides, about 5 minutes. Transfer beef to rack on baking sheet. Roast in oven for about 35 minutes. Transfer beef to cutting board and let rest 10 minutes.

Meanwhile, prepare creamed spinach:

Boil whipping cream in heavy large pot until reduced by half, about 4 minutes. Add half of spinach to pot and toss just until spinach begins to wilt, about 1 minute. Add remaining spinach to pot; toss just until all spinach is wilted, about 2 minutes. Season to taste with salt and pepper.

Cut beef tenderloin crosswise into 1/4-inch-thick slices. Divide creamed spinach among 6 plates. Top with beef slices, dividing equally. Spoon sauce over and around beef.



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Leg of Lamb with Garlic and Rosemary

Ingredients

Serves 4

- 1 (1.5kg) semi-boneless leg of lamb, aitchbone removed, fat trimmed to 1/4 inch thick, and lamb tied
- 4 garlic cloves
- 1 tablespoon fine sea salt
- 2 tablespoons chopped fresh rosemary
- 1/2 teaspoon black pepper
- 1/4 cup Sentry Hill Garrison Red

Directions

Pat lamb dry and score fat by making shallow cuts all over with tip of a sharp small knife. Pound garlic to a paste with sea salt using a mortar and pestle (or mince and mash with a heavy knife) and stir together with rosemary and pepper. Put lamb in a lightly oiled roasting pan, then rub paste all over lamb. Let stand at room temperature 30 minutes. Preheat oven to 180°C. Roast lamb in middle of oven until an instant-read thermometer inserted 50mm into thickest part of meat (do not touch bone) registers 70°C, 1 1/2 to 1 3/4 hours. Transfer to a cutting board and let stand 15 to 25 minutes (internal temperature will rise to about 70°C for medium-rare). Add Garrison Red wine to pan and deglaze by boiling over moderately high heat, stirring and scraping up brown bits, 1 minute. Season pan juices with salt and pepper and serve with lamb.



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Stir-Fried Chicken and Rice Noodles

Ingredients

Serves 6

- 7 g cornstarch
- 80 ml reduced-sodium soy sauce
- 10 ml sesame oil
- 680 g boneless skinless chicken breast halves, cut into 1-1/2-inch pieces
- 120 ml reduced-sodium chicken broth
- 25 g sugar
- 15 ml Worcestershire sauce
- 2 g chili powder
- 85 g uncooked Asian rice noodles
- 20 ml canola oil, divided
- 275 g fresh broccoli florets
- 65 g chopped green onions
- 9 g garlic cloves, minced
- 35 g unsalted dry-roasted peanuts
- 200 ml Sentry Hill Troopers Green Ginger wine



Directions

In a small bowl, combine the cornstarch, soy sauce, wine or broth and sesame oil until smooth. Pour 1/4 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 20 minutes. Add the broth, sugar, Worcestershire sauce and chili powder to remaining marinade; set aside. Cook rice noodles according to package directions. Meanwhile, drain and discard marinade from chicken. In a large nonstick skillet or wok, stir-fry chicken in 2 teaspoons canola oil until juices run clear; remove and keep warm. Stir-fry broccoli in remaining canola oil for 5 minutes. Add the onions and garlic; stir-fry 3-5 minutes longer or until broccoli is tender. Return chicken to the pan. Stir reserved broth mixture and stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain noodles; toss with chicken mixture. Garnish with peanuts.



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Almond Chocolate Poached Pears

Ingredients

Serves 6

- 1 lemon
- 1 orange
- 350 ml Sentry Hill Troopers Green
Ginger wine
- 1895 ml water
- 120 ml honey
- 4 cardamom seeds
- 1 bay leaf
- 6 Bartlett pears, peeled
- 225 g premium dark chocolate
- 45 g sliced Almonds



Directions

Preheat oven to 200°C. Juice the lemon and orange. Put juice, wine, water, honey, black peppercorns, cloves, cardamom and bay leaf in a wide saucepan. Gently place the peeled pears into the liquid. Make a circle of parchment paper that is 1/2-inch larger than the pot, and cover surface completely with the parchment paper. Be sure the pears are fully submerged, but not touching the bottom of the pot. Bring the poaching liquid and pears to a boil and then reduce the heat to just below a simmer. While the pears are poaching, roast almonds in oven until golden brown, approximately 10 minutes. Cook the pears until fork-tender. Gently transfer pears into a glass or ceramic bowl. Pour enough poaching liquid over pears to just cover. Cover and refrigerate until cool, preferably overnight. Strain remaining poaching liquid and return to saucepan. Cook over high heat until a syrupy consistency is achieved or the syrup coats the back of a spoon. Chill until the pears are served. In a double boiler, melt chocolate until smooth. Dip each cooled pear into the melted chocolate and then roll in sliced almonds. Place on a parchment-lined baking sheet and refrigerate until chocolate is set, approximately 30 minutes. Lightly drizzle with reduced poaching liquid and serve at room temperature.



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Pineapple, Honeydew, and Mango with Ginger & Fresh Herbs

Ingredients

Serves 4

- 2 cups diced peeled fresh pineapple
- 1 cup diced seeded peeled honeydew melon
- 1 cup diced peeled pitted mango
- 2 tablespoons honey
- 1 tablespoon sesame seeds
- 1 tablespoon fresh mint
- 1 tablespoon minced red capsicum
- 100 mls Sentry Hill Troopers Green Ginger wine



Directions

Mix all ingredients except sesame seeds in large bowl. Let stand 10 minutes for flavors to blend. Divide fruit mixture among wine glasses and sprinkle with sesame seeds.



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