

Trefethen

SUMMER SQUASH PANCAKE WITH CABERNET FRANC POACHED BING CHERRIES



Ingredients

- 1 lb mixed summer squash-stem & flower removed
- 1 cup all-purpose flour
- 1/2 Tbsp baking powder
- 1 egg
- 1 cup whole milk
- 1/2 Tbsp salt
- 1/2 lb bing cherries-washed, stems removed and pitted
- 1 Tbsp local honey
- 2 Tbsp brown sugar
- 1 star anise
- 10 black pepper corn
- 1 bottle Trefethen Cabernet Franc
- olive oil to taste

Procedure

PANCAKE

1. Place a clean dish towel, unfolded, into a large mixing bowl. Using a large cheese grater, grate the squash (using the large teeth of the grater) directly onto the towel in the bowl. Salt the squash lightly, gently mix, and let stand at room temperature for about 20 minutes. This will get the squash to drop water. The more water released the better. If the squash is still wet, the batter will be loose.
2. In a second bowl combine flour, baking powder, salt and pepper. In a third bowl combine the milk and egg. Season with salt and pepper. Add the wet ingredients to the dry and whisk well until there are no lumps.

3. Pull sides of dish towel up and turn into a ball by twisting, squeezing all the water out of the squash in the process. Place squeezed, shredded squash into the batter. Mix well and refrigerate for at least 30 minutes. Batter can be stored covered in refrigerator for 2 to 3 days.

CHERRIES

1. Place the star anise and pepper into a sachet.
2. Place wine, salt, honey, brown sugar, pitted cherries, and sachet into a pot large enough to hold everything. Place over medium-low heat and slowly simmer until the wine has reduced by half. Gently stir as you go to keep the texture of the cherries. If you go too fast, the cherries will break down and you will have more of a compote. Once reduced by half, remove from heat and let come to room temperature. Place in a container and store in the refrigerator.

BRING IT ALL TOGETHER

1. Heat a nonstick skillet over medium heat. Place enough cooking oil in the pan to cover the bottom. Scoop about 1 tablespoon of batter per pancake into the hot pan being sure not to overcrowd the pan. Cook like a traditional pancake (cook on the first side until you see bubbles, then flip). These are small and will cook fast. Remove from pan and place onto a paper towel to remove excess grease. Repeat until desired amount is achieved.
2. Using a slotted spoon, remove about 2 cherries per pancake from the liquid. Cut the cherries in half and place into a mixing bowl. Season with salt, pepper, and olive oil. Add a few chopped chives if you like.
3. Place the pancakes onto your favorite platter and top with poached cherries.

Wine pairing: Trefethen 2020 Cabernet Franc

Concentrated aromas of cherry and strawberry, layered with accents of vanilla and a hint of graphite. On the palate, silky tannins carry the fruit and lead to a roasted coffee and black pepper finish.