
PELLER  ESTATES

OKANAGAN VALLEY

SEAFOOD CRÊPE



APPETIZER

Whitefish with a Beetroot & Asparagus Salad

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MAIN COURSE

Seafood Crêpe

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DESSERT

Strawberries & Icewine Sabayon

WHITEFISH WITH A BEETROOT & ASPARAGUS SALAD



SUGGESTED WINE PAIRING: Peller Estates Private Reserve Pinot Gris

INGREDIENTS:

- 4 portions whitefish filets (5 ounces per portion)
- 1 cup yellow beets (peeled, cooked and roughly chopped – can use red beets)
- 1 cup red beets (peeled, cooked and roughly chopped)
- 2 cups asparagus spears (cooked)
- ½ cup fennel (thinly shaved)
- ½ cup feta cheese
- 1 cup arugula leaves (can use micro greens)
- ¾ cup soya bean oil (can use extra virgin olive oil)
- ¼ cup sherry vinegar (can use white wine vinegar)
- 2 tbsp sea salt
- 1 tbsp cracked black pepper
- 1 tbsp grapeseed oil (can use canola or vegetable oil)

METHOD:

- In a large salad bowl mix the sherry vinegar, soya bean oil, sea salt and pepper.
- Add the beets, asparagus, fennel, feta cheese, arugula and toss.
- In a large frying pan warm the grape seed oil.
- Sear the whitefish, skin side down for one minute.
- Turn and continue to sear for one more minute.
- Season with salt and pepper.

~ Recipe makes 4 servings

JASON PARSONS ~ Executive Chef, Peller Estates Winery Restaurant

SEAFOOD CRÊPE

TOMATO, FENNEL & RIESLING CREAM SAUCE



SUGGESTED WINE PAIRING: Peller Estates Heritage Series Riesling

INGREDIENTS:

- 16 whole shrimp
- 8 pieces salmon (1 ounce dice)
- 8 whole scallops
- ½ cup steamed mussels
- ½ cup steamed clams
- ¼ cup sliced fennel (blanched)
- ½ cup cherry tomatoes
- ¼ cup sliced shallots
- 2 tbsp finely chopped garlic
- ½ cup blanched fiddleheads (can use asparagus)
- ¼ bunch tarragon leaves
- ¼ bunch dill
- 2 tbsp olive oil
- 1 cup Peller Estates Heritage Series Riesling
- 2 cups 35% cream
- 8 whole crepes (can purchase in the frozen section or with the fresh pasta)
season with salt and pepper

METHOD:

- Heat the olive oil using a large sauté pan over medium to high heat.
- Add the shrimp, scallops and salmon to the pan and cook on one side until golden brown.
- Turn the shrimp, scallops and salmon over. At this time add the fennel, shallots and garlic.
- Continue cooking for another minute. Then add the Riesling wine and reduce in the pan by half.
- Add the cream, mussels, clams, tomatoes and fiddleheads.
- Reduce the cream by two thirds. Add the tarragon, dill and season with salt and pepper.
- Stuff the crêpes with the seafood cream and serve immediately.

~ Recipe makes 4 servings

JASON PARSONS ~ Executive Chef, Peller Estates Winery Restaurant

ICEWINE SABAYON & WHITE CHOCOLATE SHAVINGS



SUGGESTED WINE PAIRING: Peller Estates Private Reserve Pinot Gris

INGREDIENTS:

2 cups fresh strawberries
2 whole egg yolks
2 tbsp sugar
2 tbsp Icewine Vidal
1 cup 35% cream (whipped to a stiff peak)

METHOD:

- Place the egg yolks, sugar and Icewine Vidal in a stainless steel bowl.
- Whisk over a double boiler until the whisk leaves lines in the mix.
- Remove from the heat and fold in the whipped 35% cream.
- Arrange the strawberries on a plate and drizzle the Icewine sabayon on the strawberries.
- Top with shavings of white chocolate and serve.

~ Recipe serves 2 portions

JASON PARSONS ~ *Executive Chef, Peller Estates Winery Restaurant*