

gff

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gluten-free
forever

49 sublime summer recipes

BROWN SUGAR
PEACH UPSIDE-
DOWN CAKE
P.61

Cookout
Classics

P.63

+
GF
Toronto
P.82



A Taste of Portugal

Winemaker **António Maçanita** and chef **Ljubomir Stanisic** create the perfect summer feast amid the vines.

STORY ERIKA LENKERT
PHOTOGRAPHY FABRICE DEMOULIN

It's a summer afternoon in the Portuguese wine region of Alentejo, and Chef Ljubomir "Ljubo" Stanisic is standing over an outdoor grill at FitaPreta Winery, adding newly gathered pine cones to a fiery pile of coals. The air is so hot, the mere act of breathing produces a sweat. But the chef is undeterred. Despite his Bosnian roots, the owner of Lisbon's famed 100 Maneiras restaurant, judge on *MasterChef Portugal*, and star of *Nightmare in the Kitchen* (à la *Kitchen Nightmares*) is known for crafting an edible "love letter to Portuguese cuisine"; the pine cones are one of the many impromptu touches lending local flavor to today's lunch.

As Ljubo (pronounced "Lubo") loads the grill with spice-rubbed ribs and chicken coated in a spicy peanut butter marinade, his host, António Maçanita, fills the wineglasses. As one of Portugal's most prominent next-generation winemakers, António is accustomed to the task. Like Ljubo, António made a name for himself by respecting the history and flavors of his country while elevating them. In his case, it's by producing a dizzying array of exquisite, award-winning wines that celebrate old-world techniques, often using delicious, long-forgotten Portuguese grape varieties. To say the 39-year-old winemaker is prolific is an understatement. Along with his Alentejo-based FitaPreta



From left to right: Chef Ljubomir Stanisic; guests Aaron and Kirsti Tichenor, *GFF* editor Erika Lenkert, António Maçanita, and Nuno Faria of restaurant 100 Maneiras; António

Vinhos, António has Douro-based Maçanita Vinhos in partnership with his sister and has single-handedly established Portugal's less-trodden Azores islands as a wine region with his Azores Wine Company. He also consults for a dozen other wineries.

It's fitting that on this a rare day off for two of Lisbon's busiest men in hospitality, they're doing what brought them together nearly 15 years ago—pairing outstanding wine and food. (António helped craft the wine list for Ljubo's first Lisbon restaurant.) They have much to celebrate. Ljubo just learned *Bistro 100 Maneiras*, the casual arm of his multicourse restaurant, was named No. 1 in the world by lifestyle magazine *Monocle*. António and his wife Alexandra recently welcomed their second daughter. And, today's lunch is one of the last events António will host at his current FitaPreta estate. After recently acquiring Portugal's oldest privately owned property (established in 1304), he has been transforming it into a world-class, cultural food-and-wine destination that pays homage to the past while charting the future; all of his operations are moving there. (Read more on page 79.)

As the meats come off the grill, one long table on a shaded veranda is filled with classic Ljubo creations, many finished with freshly picked nasturtium leaves: Purely delicious marinated sardines nod to one of the seaside country's most ubiquitous dishes. Tangy-sweet and colorful ceviche in citrusy coconut milk is crowned

with creamy sweet potato puree, guacamole, and vegetable crisps. Delicate potato skins become elegant with dollops of yogurt and guacamole. A dredging in cinnamon reinvents seared tuna, and beet salad becomes transformative with caramelized-shallot balsamic dressing, orange segments, and crunches of walnuts and toasted buckwheat. Accentuating the spread are a bright roasted bell pepper salad; the classic condiments *ajvar*, a harissa-like spread; and a salty-sweet olive, honey, and anchovy tapenade. Then there are the aforementioned grilled meats; juicy and rich with layered flavors, they're finger-licking epic.

As family and friends convene around the table, António pours whatever is desired—perhaps a bright, creamy-crisp Rosé da FitaPreta; vibrant, citrusy-tropical Azores Wine Company António Maçanita Arinto dos Açores; or the dark and powerful, medal-winning Preta red.

Glasses are raised, dishes are passed, and everyone gets down to the business of another Portuguese tradition: lingering in the shade over a long, delicious summer meal.

After a simply divine finale of strawberries simmered in one of António's sparkling wines, the group gathers in the winery's salon for an impromptu concert by France-born, Lisbon-based friend and bossa nova singer and guitarist Pierre Aderne. It's the perfect ending to a day that not only captures the heart and soul of Portuguese flavor, but also makes it possible for you to get a taste of it yourself, one delicious dish at a time.

THE MENU

TROPICAL CEVICHE WITH
GUACAMOLE AND CREAMY
SWEET POTATO PUREE

SEARED CINNAMON TUNA

MARINATED SARDINES WITH
ROASTED BELL PEPPER SALAD

BEEF SALAD WITH
SHALLOT-BALSAMIC
REDUCTION DRESSING

POTATO SKINS WITH YOGURT
AND GUACAMOLE


GRILLED PEANUT
BUTTER CHICKEN

YUKON GOLD POTATO SALAD

GRILLED SPICE-RUBBED PORK
RIBS WITH BARBECUE SAUCE

OLIVE AND HONEY TAPENADE
AJVAR

SPARKLING WINE-
SIMMERED STRAWBERRIES



TROPICAL CEVICHE
WITH GUACAMOLE
AND CREAMY SWEET
POTATO PUREE
Page 66



Tropical Ceviche with Guacamole and Creamy Sweet Potato Puree

SERVES 4 TO 6 For this adaptation of Ljubo's exotic appetizer, fish is cured in a bright, creamy, citrusy Thai-style "leche de tigre" (a.k.a. tiger's milk, a Peruvian citrus marinade), then topped with guacamole and creamy sweet potato puree. Ljubo adds nasturtium leaves for visual flair.

- ¼ cup lime juice**
- ¼ cup lemon juice**
- ¼ cup orange juice**
- ¾ cup coconut milk**
- 1 tablespoon red curry paste**
- 1 tablespoon honey**
- Kosher salt and freshly ground pepper**
- ¾ pound boneless, skinless sea bass, striped bass, fluke, or flounder, cut into ½-inch cubes**
- Optional Toppings:**
- 1 recipe Guacamole (at right) or store-bought guacamole**
- 1 recipe Creamy Sweet Potato Puree (at right)**
- Handful sweet potato chips, for garnish**

Make the leche de tigre: In a large nonreactive bowl with a lid, combine the three juices, coconut milk, red curry paste, honey, ½ teaspoon salt, and pepper to taste. Mix in the sea bass, making sure it's submerged. Cover and refrigerate for at least 20 minutes, or longer if you prefer the fish to be more "cooked" by the citric acid.

Transfer the ceviche to a serving bowl, top with dollops of guacamole and sweet potato puree and finish with a handful of sweet potato chips.

GUACAMOLE

MAKES ABOUT 1½ CUPS Pureeing the ingredients creates smooth results perfect for topping a dish or dipping a chip. But if you simply stir everything together, you've got a phenomenal, chunky guac.

- 2 small, ripe avocados, flesh only**
- 2 tablespoons finely diced shallot**
- 2 tablespoons finely diced tomato**
- 2 teaspoons lime juice**
- 2 teaspoons minced fresh cilantro**
- 2 tablespoons finely diced purple onion**
- 2 teaspoons finely diced jalapeño pepper**
- 1 teaspoon kosher salt**
- Freshly ground pepper**

Combine all the ingredients in a bowl and puree with an immersion blender. (Alternatively, blend using a blender or mix and mash with a fork for chunky-style.) Serve immediately or cover with aluminum foil to prevent oxidation, then refrigerate until use.

CREAMY SWEET POTATO PUREE

MAKES 1 CUP This creamy, decadent condiment is scoop-straight-from-the-bowl delicious. Intentionally thin, it's used to top Ljubomir's ceviche. Once you try it, you'll see why you'll also want to try upping the amount of sweet potato to make a stellar, thicker side dish.

- 1⅓ pounds sweet potatoes (about 2)**
- ¼ cup heavy cream**
- 1 teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**

Preheat the oven to 400°F. Wrap each sweet potato in foil and bake until tender, about 45 minutes. Let cool.

Peel the sweet potatoes, put through a food mill fitted with the finest attachment or place in a food processor and process until smooth. Stir in the cream, salt, and pepper, then adjust seasonings as desired. Serve at room temperature.

Seared Cinnamon Tuna

SERVES 8 A quick dredging in cinnamon transforms classic seared tuna into a surprisingly subtle new flavor experience.

- 3 tablespoons cinnamon**
- 1 (12-ounce) ahi tuna steak (about 2 inches thick)**
- 1 teaspoon olive oil**
- 1½ teaspoons fleur de sel or other flaky salt**

Place the cinnamon on a small plate. Dredge the tuna in the cinnamon to coat.

Heat the oil in a nonstick frying pan over medium-high heat. Sear each side of the tuna to just brown the outside, 1 to 2 minutes per side, 4 to 8 minutes total. Slice with a sharp knife into ½-inch-thick pieces, season with salt, and serve.





SEARED
CINNAMON
TUNA



Marinated Sardines

SERVES 6 Sardines are plentiful in Portuguese cuisine. Here Ljubomir lets salt and citrus do the “cooking,” then serves the dish with Roasted Bell Pepper Salad (page 69). Note: this recipe requires 3 days of marinating, so plan accordingly. When buying sardines, see if the fishmonger can clean and fillet them for you.

1 pound fresh sardines, rinsed
½ lemon
½ lime
½ pound coarse salt
¾ teaspoon smoked salt
¼ cup olive oil
1 stalk lemongrass, outer leaves removed, chopped

1½ teaspoons fresh thyme leaves, plus 5 sprigs for garnish
2 teaspoons garlic powder
1 tablespoon ginger powder
1 bay leaf
½ teaspoon freshly ground pepper
1 teaspoon coriander seeds, for garnish (optional)

Clean and fillet the sardines: Starting at the tail and using the back of the blade of a paring knife, gently scrape the skin toward the head to remove the scales, then rinse under cool water to remove any remaining scales. Then, starting where the tail meets the body, cut the belly open with the paring knife; scrape out the entrails with your finger and discard them. Rinse the belly cavity

clean and then pat the fish dry using paper towels. To fillet, hold the head between your thumb and forefinger and pull backward toward the spine, tearing the head from the body; discard the head. Gently flatten the sardine, skin side down. Starting at the head end, grasp the backbone between thumb and forefinger and carefully lift it up and away from the fillet; discard the backbone. Repeat with all the fish. Set aside.

Zest and juice the lemon and lime, reserving the combined zest and combined juice separately.

In a wide, rimmed container, mix together the coarse salt, smoked salt, and lemon and lime zest. Nestle the sardines, skin side up, in the salt mix and refrigerate for 2 hours. Rinse and pat dry the fillets.

In a container just wide enough to fit the fillets in one layer, mix together the olive oil, lemon and lime juice, lemongrass, thyme, garlic powder, ginger powder, bay leaf, and pepper. Add the sardine fillets, toss to coat, arrange skin side down, cover, and refrigerate for 3 days.

To serve, bring to room temperature, transfer the fish and a bit of the marinade to a shallow serving bowl, then top with fresh thyme sprigs and coriander.



Roasted Bell Pepper Salad

MAKES ABOUT 1½ CUPS Ljubomir likes to serve this versatile side dish with his sardine recipe (page 68). But it's just as compatible with grilled fish or chicken, and leftovers can inspire an outstanding frittata. Don't have a grill? Place the peppers on a baking sheet and char under the broiler, turning frequently, until ultrasoft, 10 to 15 minutes.

- 1 green bell pepper**
- 1 red bell pepper**
- 1 yellow bell pepper**
- 2 teaspoons olive oil, plus more for drizzling**
- 1 teaspoon good-quality red wine vinegar**
- 1 garlic clove, minced**
- Kosher salt and freshly ground pepper**

Preheat a grill on high. Grease the bell peppers all over with the olive oil, then grill them over high heat, turning occasionally, until extrasoft, charred, and collapsing, about 15 minutes. Immediately transfer to a paper bag or bowl with a tight-fitting lid, close tightly, let rest for 15 minutes, then remove and discard the skin and seeds, and cut the peppers into thick slices.

In a bowl, mix together the roasted pepper slices, vinegar, garlic, a generous drizzle of olive oil, and salt and pepper to taste. Serve at room temperature.



BEEF SALAD WITH
SHALLOT-BALSAMIC
REDUCTION DRESSING
Page 72





POTATO
SKINS WITH
YOGURT AND
GUACAMOLE
Page 72

Beet Salad with Shallot-Balsamic Reduction Dressing

SERVES 6 One of the more exciting beet dishes we've tried starts with slow-roasting beets with salt and thyme. A coating of reduced balsamic-shallot syrup adds tangy-sweetness that's contrasted by optional sharp-cheese shavings. A sprinkle of buckwheat groats, flax seed, and walnuts adds crunch, while orange segments, ideally "supremed" (cut from their membrane), round out the symphony of flavors and textures in this standout dish.

2½ pounds red beets

12 thyme sprigs

Kosher salt and freshly ground pepper

⅓ cup balsamic vinegar

¼ cup extra-virgin olive oil

¼ cup sugar

4 ounces shallot, sliced (about ¾ cup)

½ cup walnut pieces

3 tablespoons buckwheat groats (optional)

2 teaspoons flax seeds (optional)

4 ounces São Jorge cheese or other sharp, aged cow's-milk cheese, shaved or grated (optional)

2 oranges cut into segments

Preheat the oven to 350°F. Line a baking sheet with enough aluminum foil to double over itself. Place the beets in the middle of the foil, scatter the thyme and 4 teaspoons salt over them, then wrap the beets tightly in the foil. Bake until easily pierced with a fork but still slightly firm, 1 hour to 90 minutes, depending on size. Let cool. Unwrap, remove, discard the skins, and cut the beets into bite-size pieces.

Meanwhile, in a saucepan over medium heat, mix together the balsamic vinegar, olive oil, sugar, and 1 teaspoon salt. Add the shallot slices, turn the heat to low, and cook, stirring occasionally, until all the vinegar evaporates, about 1 hour. (Don't worry if the oil and vinegar separate.) Set aside.

Meanwhile, spread the walnuts in one layer on a baking sheet and toast

until lightly browned, 10 to 15 minutes. Let cool.

In a frying pan over medium heat, toast the buckwheat, stirring occasionally, until it gains some color, about 4 minutes. Let cool.

Mix the shallot-balsamic dressing to combine. In a bowl, toss the beets with just enough of the dressing to coat. Season to taste with salt and pepper. Top with the buckwheat, flax seeds, walnuts, and cheese, garnish with the orange segments, and serve.

Potato Skins with Yogurt and Guacamole

SERVES 8 A light, simply elegant take on potato skins, these are fork-tender, not crisped, and can be multiplied easily for large gatherings.

4 small russet potatoes, scrubbed and rinsed

3 tablespoons extra-virgin olive oil
Kosher salt and freshly ground pepper

1 cup whole-milk plain yogurt

Zest of 1 lime

3 tablespoons minced chives, divided

1 cup Guacamole (page 66) or store-bought guacamole

Preheat the oven to 350°F. Pierce each potato several times with a fork, then wrap them individually in aluminum foil and bake until easily pierced with a fork, 90 minutes or longer, depending on size. Remove the foil, let cool slightly, then halve each potato lengthwise and scoop out about half the flesh with a spoon, taking care not to break the skin. Turn up the oven to 425°F. Lightly grease the potato halves with the olive oil, season generously with salt and pepper, place on a baking sheet, and bake for 6 minutes more. Reserve.

In a bowl, mix together the yogurt, lime zest, and 2 tablespoons of the chives. Fill each potato with a generous dollop of the yogurt mixture and the guacamole. Garnish with the remaining chives and serve.

Grilled Peanut Butter Chicken

SERVES 6 TO 8 A marinade of peanut butter, olive oil, and spices transforms everyday chicken into an edible event. If you want it saucier, do like Ljubomir and baste the chicken with barbecue sauce toward the end of grilling. (We love it with and without.) Can't find *ras el hanout*? Sub a mix of 2 teaspoons each of paprika, coriander, and ginger and add a pinch of saffron, if you have it. No grill? Preheat a grill pan over medium heat, crisp the chicken skin on all sides, about 20 minutes total (let the thigh skin sizzle, skin side down, until crispy, about 9 minutes before turning), then bake in a 350°F oven, skin side up in an ovenproof pan, for 30 minutes.

½ cup extra-virgin olive oil

¼ cup smooth peanut butter

2 tablespoons *ras el hanout* (a Moroccan spice mix available at well-stocked grocers)

4 teaspoons ground dried ginger

4 teaspoons garlic powder

1 tablespoon sugar

4 teaspoons kosher salt

2 teaspoons paprika

10 pieces chicken drumsticks and thighs
1 cup store-bought gluten-free barbecue sauce (optional)

In a large ziplock plastic bag or casserole dish large enough to snugly fit the chicken, mix together the olive oil, peanut butter, *ras el hanout*, ground ginger, garlic powder, sugar, salt, and paprika. Add the chicken pieces and mix to thoroughly coat. Seal or cover and refrigerate for 2 to 6 hours.

Preheat the grill on medium or a grill pan over medium heat. Remove the chicken from the marinade, allowing excess to drip off. Grill the chicken, turning halfway through, until cooked through, 45 to 50 minutes. If desired, baste with barbecue sauce, let cook for 5 minutes more, then serve.

GRILLED PEANUT BUTTER CHICKEN
Page 72



Grilled Spice-Rubbed Pork Ribs with Barbecue Sauce

SERVES 6 Seasoned with a rub a day in advance, slow roasted, then briefly grilled or roasted, these ribs are fall-off-the-bone tender and finger-licking good. If desired, you can bake the ribs in advance, then refrigerate and grill right before serving. If you don't want to finish the ribs on the grill, turn the oven to 450°F after baking, baste them with the barbecue sauce, recover with the foil, and roast for 15 minutes. Taste the ribs before deciding whether to add barbecue sauce; they're obsession-worthy without it, too.

¼ cup sugar

1 tablespoon kosher salt

2 tablespoons paprika

1 teaspoon garlic powder

3½ pounds St. Louis-style pork ribs, rinsed and patted dry with paper towels

1 cup Coca-Cola

¾ cup store-bought gluten-free barbecue sauce (optional)

In a small bowl, mix together the sugar, salt, paprika, and garlic powder.

Rub the ribs all over with the spice mix to coat. Cover and refrigerate for 24 hours.

Preheat the oven to 350°F. Arrange the ribs in one layer, meaty side down, on two layers of foil. Lift the foil edges upward and pour the Coca-Cola on the foil, under the ribs.

Top with two layers of foil and roll, then crimp the edges upward tightly to seal. Place on a baking sheet and bake until the meat is starting to shrink away from the ends of the bone, 2 to 2½ hours.

Preheat the grill on high for 15 minutes. Remove the ribs from the foil and grill them, bone side down, for 10 minutes, basting generously with barbecue sauce halfway through. Cut the ribs and serve.

Yukon Gold Potato Salad

SERVES 6 The tangy yogurt-and-lime dressing cools the palate, making this salad a good partner for spicy barbecue.

4 Yukon Gold potatoes (about 1¾ pounds)

Kosher salt and freshly ground pepper

1½ cups whole-milk plain

Greek-style yogurt

2 tablespoons minced chives

2 teaspoons lime juice

Peel the potatoes, then put them in a pot and cover with 2 inches of water seasoned with 1 tablespoon of salt. Bring to a boil, lower to a simmer, and cook until fork-tender, 20 to 25 minutes, depending on size. Drain and let cool. Cut the potatoes into ¾-inch cubes.

Meanwhile, in a serving bowl, stir together the yogurt, chives, lime juice, 1½ teaspoons salt, and pepper to taste.

Gently stir the potatoes into the yogurt dressing, season to taste with salt, and serve.



Laura Patrício, Nuno, Mónica Franco, and Ljubo



YUKON GOLD POTATO SALAD

FEAST WITH FRIENDS

GRILLED SPICE-
RUBBED PORK
RIBS WITH
BARBECUE
SAUCE









OLIVE AND
HONEY
TAPENADE
Page 80

AJVAR
Page 80

PAÇO DO MORGADO DE OLIVEIRA - FITAPRETA WINERY

Not just a destination for wine lovers, António Maçanita's recently opened wine estate is one of the most historically rich destinations in Portugal's Alentejo region.

Located an hour outside of Lisbon by car, the 1304 structure, first possessed by King Dinis, is the oldest privately owned property in the country. It was left untouched for centuries before António eyed it as his dream flagship location and partnered with the Oliveira family, which has owned it for hundreds of years.

He didn't realize the historic gold mine he'd stumbled upon until he began construction of the building. Discoveries of ruins of ancient baths, as well as fourteenth-century wine production and fifteenth-century olive oil production facilities, shifted design plans toward innovation and preservation.

The task was perfect for the new landlord; António's winemaking and life philosophy is to honor the past and evolve in the present, all with the knowledge that whatever he does today will affect tomorrow and ultimately become part of the past.

By giving Paço do Morgado de Oliveira a mission that makes it sustainable, it becomes new again, now as a place where you can enjoy a glass of great wine, climb steps once frequented by kings, and see today's art in yesterday's architecture.

For more information, visit fitapreta.com.



Olive and Honey Tapenade

MAKES 1 CUP Not your average tapenade, this one has a delicious salty-sweet profile and umami from the barely-there anchovy. Use this condiment in sandwiches, with crackers, or atop baked potatoes or even eggs. It keeps covered in the fridge for up to 2 weeks.

2 cups pitted black olives
1½ tablespoons (¾ ounce) unsalted butter
6 small anchovy fillets
2 tablespoons honey
1½ teaspoons fresh thyme

Preheat the oven to 225°F. Line a baking sheet with foil or parchment paper. Bake the olives for 30 minutes to slightly dehydrate them.

Melt the butter in a medium sauté pan over medium heat. Add the olives and the remaining ingredients and sauté until the anchovies begin to dissolve. Grind the olive mixture into a paste with a mortar and pestle or using a food processor.

Ajvar

MAKES 1½ CUPS Spicy, nicely acidic, rustic, and a wonderful accompaniment to vegetables, sandwiches, eggs, or anything else that'll benefit from a little kick, this bell pepper-based condiment hails from the Balkans (a European region consisting of Serbia, Bosnia and Herzegovina, Montenegro, Kosovo, Macedonia, and Albania) and can be used like harissa and stored, refrigerated, for up to 1 week. If you want to tone down the heat, seed the chili pepper.

1 (1-pound) eggplant
2 red bell peppers
5 garlic cloves, unpeeled
1 (1-inch) hot red chili pepper, such as aji rojo

2 teaspoons chopped Italian parsley
1½ tablespoons olive oil
Juice of 1 lemon
Kosher salt and freshly ground pepper

Preheat the oven to 325°F. Quarter the eggplant and peppers and place them skin side down on a baking sheet with the garlic. Bake until the vegetables are soft, and the skin of the peppers is slightly charred, about 1 hour. When cool enough to handle, remove and discard the skins from the vegetables and the garlic.

In a food processor, combine the baked vegetables and garlic with the chili, parsley, olive oil, lemon juice, 2 teaspoons salt, and pepper to taste. Process until smooth, scraping down the sides of the bowl with a spatula, as needed. Season with salt and pepper to taste.

Sparkling Wine–Simmered Strawberries

SERVES 6 In this light, simply sophisticated finale, soft, juicy strawberries mingle with cinnamon and anise-kissed strawberry syrup. Delicious on its own, the dessert can also be a show-stopping topping for ice cream or GF vanilla cake. Note: if your strawberries aren't very ripe or sweet, or you like extrasweet desserts, you may want to add a bit more sugar when cooking.

¾ cup loosely packed fresh mint leaves, plus 6 leaves for garnish
⅔ cup sparkling wine
2 whole star anise
1 cinnamon stick
2 pints strawberries, hulled and halved
3 tablespoons sugar
Ice (optional)

Chop the mint leaves. In a small pot with a lid, combine the sparkling wine,

anise, cinnamon, and mint. Cook over medium-high heat until the liquid is reduced by half, 5 to 7 minutes. Add the strawberries and the sugar, bring to a boil and cook, stirring, for 2 minutes, then immediately remove from the heat. Cover the pot and let the strawberries macerate, stirring occasionally, for 2 hours at room temperature. Remove the star anise and cinnamon stick. Divide the berry mixture among 6 glasses, add a few ice cubes, top each with a mint leaf, and serve. ■

Pierre Aderne serenading the crowd





SPARKLING
WINE-SIMMERED
STRAWBERRIES