



Freemark Abbey Napa Valley

Grapes: 100% Chardonnay

Description: Aromas of banana, apple, pear, coupled with tropical fruits. Adding to the complexity, the oak aging is fairly integrated adding spice, like nutmeg, vanilla, fresh coconut, and a slight hint of butter-scotch. The flavors on the palate are predominantly citrus, lemon-lime and peach.

Freemark Abbey's history dates back 125 years.

Few Napa Valley wineries can rival the rich and storied history of Freemark Abbey. It all began in 1886, when Josephine Tychson established the original winery along Route 29 in St. Helena, where Freemark Abbey still stands. She kicked off a history of innovation, becoming one of the first woman winegrowers on record.

Though many consider Freemark Abbey's library wines a religious experience, the winery has never been run by monks. The current name of the winery was created in 1939, when the three owners – Charles Freeman, Markquand Foster and Abbey Ahern – combined their names to form the moniker "Freemark Abbey."



Photos by laird

Seared Scallops with Lobster Broth, Cheese Grits and Green Onion Salad

RECIPE BY CHEF TOM GRAY

Serves 6

Grits – Ingredients:

1 c. grits
2 c. whole milk
2 c. water
1/4 c. freshly-grated Parmesan cheese
1/4 c. grated sharp cheddar cheese
1 T. garlic, minced
2 T. chives, chopped
Pinch salt (to taste)
1 t. white pepper

Method:

Bring water, milk, salt and pepper to a simmer then whisk in the grits. Cook on moderate heat, stirring often until tender, approx. 45 minutes. Stir in all remaining ingredients, taste, adjust seasoning as needed. Hold warm.

Lobster Broth – Ingredients:

2 lbs. lobster bodies
1 qt. fish stock
16 oz. clam juice
2 oz. tomato paste
12 oz. can whole peeled tomatoes
1 lb. onion, skin removed
8 oz. carrots, peeled
8 oz. celery, washed
10 cloves garlic, skin removed
12 oz. white wine
4 oz. brandy
1 T. coriander
1 t. smoked paprika
1 t. fennel seed
1 t. black pepper
1/2 t. red chili flakes
1/2 t. celery seed
1 T. tarragon
2 bay leaves
8 oz. heavy cream
Canola oil

Method:

Start by slicing fresh vegetables (*mirepoix*) and garlic thinly and set aside. Crush tomatoes and set aside. Heat a large sauce pot and add a thin layer of canola oil to the bottom and sauté the lobster bodies until golden brown. Deglaze the pot with white wine and brandy mixture. To the same pot, add sliced *mirepoix* and spices. Cook until almost dry then add tomato paste. Cook until lightly browned, taking care not to burn the mixture. Add fish stock and clam juice, then fresh herbs. Simmer on a steady medium-low flame for one hour, then strain and continue to reduce the broth to develop flavor. Just before serving, bring cream just to a boil over medium heat. Slowly mix into warm lobster stock and set aside, keeping warm, until serving.

Scallops – Ingredients:

5–6 per person fresh dry-packed scallops, 10–20 count size, side muscle removed. (Available at local fish markets, may require calling ahead to order.)
Pinch sea salt
1–2 T. extra virgin olive oil
2 T. fresh basil, washed, dried and cut into a chiffonade for garnish

Method:

Preheat oven to 250°. Season scallops with a pinch of sea salt. Heat olive oil in a non-stick pan and sear scallops until golden brown, then flip



and sear the other side (approximately 2–3 minutes total). Remove scallops from pan and hold in a warm oven.

Green Onion Salad – Ingredients:

1 small leek, cut white part only approx 2" long
1 green onion, sliced thinly on a bias
1 T. chives, sliced thinly
1 t. extra virgin olive oil
1 t. freshly-squeezed lemon juice
A few turns of the pepper mill
Pinch sea salt

Method:

Split the leek lengthwise to separate and wash thoroughly to remove all dirt. Slice thinly. Combine leeks, green onions and chives into a bowl and lightly toss to mix. Just before serving, add olive oil, lemon juice, salt and pepper and toss again until lightly coated.

To Serve:

Into the center of a warmed serving plate, spoon a portion of the grits. Top with 5–6 cooked scallops and spoon lobster broth around scallops. Top with green onion salad and serve immediately.