



# 7 ESSENTIALS

FOR THE PERFECT SEVEN OAKS BBQ

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## *Recipes*

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Learn more about J. Lohr Vineyards & Wines and the  
7 Essentials for the Perfect Seven Oaks BBQ

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VINEYARDS & WINES





ESTATES



SEVEN OAKS

J. LOHR

PASO ROBLES CABERNET SAUVIGNON





# GRILLED SEA BASS

J. LOHR SEVEN OAKS BLACKBERRY

BBQ SAUCE & LIME-INFUSED

TRI-COLOR SLAW

*Chef Anthony Trobiano - Surf's Out, Kismet, New York*



## INGREDIENTS

### FISH

4 8oz pc. Black Sea Bass  
Salt and Pepper  
1 Lime (Quartered)

### BLACKBERRY BBQ SAUCE

1 Small White Onion -  
Finely Diced  
1 Tbs Canola Oil  
2 C Fresh Blackberries  
¼ C Ketchup

¾ C J. Lohr Seven Oaks  
Cabernet Sauvignon  
¼ C Balsamic Vinegar  
1 Tbs A1 Steak Sauce  
1 Tbs Tobasco  
1 Tsp Smoked Paprika  
1 Tsp Chili Powder  
Pinch Dried Mustard Powder  
2 Tbs Adobo Sauce  
¼ C Brown Sugar  
¼ Tsp Kosher Salt

### TRI-COLOR SLAW

¼ Head Green Cabbage  
¼ Head Red Cabbage  
½ Pound Shredded Carrots  
½ Bunch Cilantro (Leaves  
Roughly Chopped)  
2 Limes (Juiced)  
⅓ C Safflower Oil  
1 Tsp Sugar  
Salt and Pepper

## DIRECTIONS

### FISH

Season sea bass with salt and pepper. Grill and garnish with a lime wedge.

### BLACKBERRY BBQ SAUCE

1. In a large saucepan over medium heat sauté onions until soft and translucent, about 5 minutes.
2. Add the blackberries, ketchup, ½ cup wine, balsamic vinegar, seasonings, adobo sauce, brown sugar and salt to the pan.
3. Bring to a boil and lower the heat to a simmer.
4. Cook for 15 minutes or until the blackberries start to soften.

5. Remove from the heat and transfer to your blender. Carefully puree the barbecue sauce until smooth.
6. Place a fine mesh sieve over the saucepan and pour in the sauce into the sieve.
7. Using a spoon press the sauce through until only the solids are left, discard and add the remaining ¼ cup of wine.
8. Return the saucepan to medium heat and cook for an additional 10 minutes.
9. Let the sauce cool slightly before applying to sea bass.

### TRI-COLOR SLAW

1. Shred the cabbage finely using a chef's knife.

2. In a very large bowl, toss together the shredded cabbage with the shredded carrots and chopped cilantro.
3. Whisk the lime juice and oil together in a bowl or measuring cup, and whisk in the sugar. Toss with the slaw, and season generously with salt and pepper (it may need more than you think it will at first, and this salad definitely needs its salt!).
4. Best served within a day or two, cold from the fridge, but you can refrigerate it for up to 3 days or until it loses its crispness.

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# BBQ CHICKEN

*Chef Steve McGoeys - Keg Restaurant  
Canada*



## INGREDIENTS

### DRY RUB

- 1 Tbs Smoked Paprika
- 1 Tbs Cayenne Pepper
- 1 Tbs Fennel Seeds
- 1 Tbs Coriander Seeds
- 1 Tsp Cumin Seeds
- 1-2 Dried Chilies
- 1 Tbs Sea Salt
- 1 Tbs Black Pepper (Freshly Ground)
- 1 Tbs Dark Brown Sugar

### BBQ BASTE

- 2 Tbs BBQ Sauce
- 1 Bunch Green Onions
- ½ Bunch Fresh Cilantro
- 1 Fresh Chili

### CHICKEN

- 1 Whole Chicken
- Olive Oil



## DIRECTIONS

1. Fill a 12oz aluminum can ¾ with cold water and put aside.
2. Rub the whole chicken with the dry rub spice blend (blended in a mortar and pestle).
3. Place the coated chicken over the top of the aluminum can forming a tripod with the can and the legs of the chicken.
4. Place the chicken in a dedicated pan onto a preheated BBQ rack ensuring the element under the pan is not on. Close the lid of the BBQ and roast at 400°F until the chicken reaches an internal temperature of 160°F.



5. Once the chicken has reached 160°F, baste the entire chicken with the BBQ basting sauce.
6. Allow the BBQ sauce to caramelize and then apply a second coat of the basting sauce.
7. At this point the internal temperature of the chicken should be 165°F and you are done.
8. Carefully remove the chicken from the BBQ and let it rest before carving.
9. Pour yourself a glass of J. Lohr Estates Seven Oaks Cabernet Sauvignon and enjoy with your favorite side dish.

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# BEEF TEPPANYAKI

## LOCAL HONEY PONZU SAUCE

*Chef Hy Tran - La Dalat Restaurant,  
Nantasket Beach Hull, Massachusetts*



## INGREDIENTS

### **BEEF TEPPANYAKI**

2 8oz Flank Steaks  
2 Shallots Each (Minced)  
2 Cloves of Garlic Each (Minced)  
1 C Soy Sauce  
2 Tbs Rice Vinegar  
2 Tbs Brown Sugar

1 Bottle Satay Oil (Strain Oil)  
1 Tsp Mustard Powder  
1 Tbs Sesame Oil  
1 Cucumber Each  
1 Bunch of Scallion  
1 Bulb of Ginger

### **LOCAL HONEY PONZU SAUCE**

1 Bottle Ponzu Sauce  
1 Bottle Local Honey

## DIRECTIONS

1. Clean and trim flank steak of gristle and some fat. Strain out oil from satay and set aside.  
2. Combine, pulp (from satay), shallots, garlic and rub on flank steak to marinate for 30 minutes.  
3. Combine in mixing bowl; soy sauce, rice vinegar, powder, and sesame oil. Whisk in mustard powder and brown sugar until dissolved. Add wet mixture to beef, cover and

refrigerate for 3 hours (longer the better).

4. Julienne cucumbers, chop scallions, peel and grate ginger and set aside for garnish.

5. Heat local honey in microwave and whisk together with ponzu sauce.

6. Cook beef flank on hot grill, or cast iron griddle, until desired internal temperature. Set aside to rest for 5 minutes.

7. Place julienned cucumbers on plate, slice beef and assemble atop cucumbers. Garnish with scallions and grated ginger and spoon ponzu sauce on beef and serve!

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# GRILLED RACK OF LAMB

## WITH DEMI-GLACE

*Chef Doug Wilson, Ten Mercer Restaurant  
Seattle, Washington*



## INGREDIENTS

### LAMB

4 Lamb Racks (about 8 bones to a rack)

### LAMB RACK RUB

1 C Dijon Extra Strong  
1 Oz J. Lohr Estates Seven Oaks Cabernet Sauvignon  
2 Tbs Black Pepper

2 Tsp Kosher Salt  
1.5 Tbs Chopped Rosemary  
2 Tsp Lemon Juice  
2 Tbs Chopped Parsley  
1 Tbs Honey  
2 Tbs Chopped Garlic

### LAMB DEMI-GLACE

2 C J. Lohr Estates Seven Oaks Cabernet Sauvignon  
¼ C Lamb Rack Rub (previous recipe)  
2 C Demi-Glace (purchased or home-made)  
Slurry (thin paste of water and flour or cornstarch)

## DIRECTIONS

### LAMB RACK RUB

1. Mix all ingredients well, should make approximately two cups.

### LAMB DEMI-GLACE

1. Whisk wine and lamb rub in saucepan, reduce by half over medium-high heat.  
2. Stir in demi-glace and bring to a boil.  
3. Whisk in slurry to desired consistency and reduce heat to keep warm.

### LAMB RACK

1. Preheat grill 10-15 minutes prior to adding the lamb.  
2. Grill lamb racks, turning



regularly to avoid burning. Once they are about 95°F, rub tops with rack rub and let cook bone side down, preferably on the extra rack above main surface to avoid burning. With the lid down.  
3. Once they reach the desired temperature (115°F for

me), pull them off the grill and let rest for five minutes.  
4. Slice through each bone and drizzle with lamb demi-glace.  
5. Serve and enjoy with J. Lohr Estates Seven Oaks Cabernet Sauvignon!

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# GRILLED PORK TENDERLOIN

## WITH CHERRY PEPPER CHOW-CHOW

*Chef Elise Wendland, The Comus Inn  
Dickerson, Maryland*



### INGREDIENTS

#### BRINE

6 Tbs Kosher Salt  
6 Tbs Sugar  
2 C Cider Vinegar  
1 C Water  
1 C J. Lohr Estates Seven  
Oaks Cabernet Sauvignon

1 Tsp Fresh Ginger  
1 Tsp Turmeric Powder  
½ Tsp Black Peppercorns  
½ Tsp Coriander  
½ Tsp Celery Seed  
½ Tsp Allspice

#### VEGETABLES (CHOPPED)

2 C Vidalia Onion  
2 C Red Bell Pepper  
½ C Fennel Bulb  
2 C Cherries (Pitted)

### DIRECTIONS

\*Make Chow-Chow at least 2 days before

1. Combine the ingredients for the brine in a stainless steel pot.
2. Simmer over low heat for 10 minutes and then remove from heat.
3. Let the ingredients cool and steep for about 15 minutes, then strain through a fine mesh strainer.
4. Pour the brine over the vegetables and cherries. Leave the mixture in the refrigerator for at least 24



- hours and then pulse in a food processor to finish. Can be kept in the refrigerator for a week.
5. Season the pork tenderloin with salt, pepper and olive oil.
6. Preheat the grill for 10-15 minutes. Grill tenderloin un-

til the internal temperature reaches 145°F.

7. Remove from heat and let it rest for ten minutes. Slice and serve with the Cherry Pepper Chow Chow and J. Lohr Estates Seven Oaks Cabernet Sauvignon.

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# SMOKED CHICKEN LEG

## WITH J. LOHR CAB-CHIPOTLE BBQ SAUCE

*Chef David Vargas, Vida Cantina  
Portsmouth, New Hampshire*



## INGREDIENTS

### CHICKEN

2 Vernon Farms Chicken Leg  
1½ C Brown Sugar  
1½ C Kosher Salt  
6 Chile de Arbol (dry roasted  
and crushed with hand)  
10 Peppercorns  
3 Bay Leaves  
1 Small Bag of Apple  
Wood Chips

2 C White Wine  
3 C Water

### J. LOHR CAB-CHIPOTLE BBQ SAUCE

1 White Onion  
2 Cloves Garlic  
1 Anchovy Filet  
4 Dry Chipotle Peppers  
2 Red Bell Pepper Roasted,  
Seeded and Peeled

2 Tomatoes, Grilled Hard  
¼ C Piloncillo Sugar  
¼ C J. Lohr Estates Seven  
Oaks Cabernet Sauvignon

## DIRECTIONS

### FOR CHICKEN:

1. Mix brown sugar, salt, chiles, peppercorns and bay leaves in large bowl with hands until thoroughly mixed.
2. In a baking dish, lay down ½ of the mixture to cover the bottom of the pan, lay chicken legs on top of the mix and cover with the other half of mix. Make sure the chicken legs are well covered with cure mixture.
3. Wrap the pan with plastic and let marinate in the fridge for two days.
4. On the second day mix wine and water together in

- large bowl. Take out legs and rinse well in wine bath
5. Place onto a clean baking sheet and let sit in fridge uncovered overnight.
6. Next day prepare smoker with apple wood chips and smoke for about 1 hour until fork tender.
7. Preheat the grill for 10-15 minutes.
8. Carefully pull the chicken off the smoker, and put into baking dish and cover well with BBQ sauce.
9. Char legs carefully on the grill and serve with your favorite side and a glass of

J. Lohr Estates Seven Oaks Cabernet Sauvignon.

### FOR BBQ SAUCE:

1. In a thick-bottom pot, sauté onions, garlic and anchovy with three tablespoons of olive oil until translucent.
2. Add in chipotle peppers, red bell peppers, tomatoes, sugar and J. Lohr Estates Seven Oaks Cabernet Sauvignon.
3. Cook for about 20 minutes and carefully purée until smooth.
4. Season with salt and pepper to taste.

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# BONE-IN RIB STEAK

## WITH CLASSIC RED WINE JUS

*Chef Jean Claude Douguet  
Gotham Steakhouse and Cocktail Bar  
Vancouver, BC, Canada*



## INGREDIENTS

### RED WINE JUS

2 Shallots  
1-2 Sprigs of Fresh Thyme  
½ Tsp Cracked Black Peppercorn  
1 Tbs Brandy

2 C Demi-Glaze  
1 C J. Lohr Estates Seven Oaks  
Cabernet Sauvignon

### BONE-IN RIB STEAK

2 Prime Bone-in Rib Steaks  
Salt and Pepper

## DIRECTIONS

### CLASSIC RED WINE JUS

1. Chop shallots, thyme and black peppercorn and combine.
2. Reduce with J. Lohr Estates Seven Oaks Cabernet Sauvignon.
3. When reduced by half, add demi-glaze. Reduce again until consistency is syrupy. Strain, add salt to taste.

### CANADIAN PRIME BONE-IN RIB STEAK

1. Season steak with kosher salt and black pepper.
2. Grill to medium to allow the fat to melt and create a juicy, tender steak.

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