

# THE COUNT COOKS!

with THE COUNT of BUENA VISTA WINERY



## COUNT'S LAMB CHOPS with Cabernet Sauce



### INGREDIENTS:

- 3 lamb chops (1 for each diner...and an extra lamb chop to fight over)
- 2 glasses of Buena Vista Moon Mountain Cabernet Sauvignon
- ¼ cup unsalted butter
- 3 tablespoons Avocado Oil
- 3 tablespoons all-purpose flour
- 2 shallots, roughly chopped
- ¼ cup fresh parsley
- Correct amount of salt and pepper
- 6 garlic cloves

### WINE PAIRING: Buena Vista Moon Mountain Cabernet Sauvignon



CALIFORNIA'S FIRST.  
CALIFORNIA'S FINEST.

1. Pour half a glass of **Buena Vista Moon Mountain Cabernet Sauvignon** in a bowl with the flour. Mix thoroughly, and set aside.
2. Pour yourself a glass of the Buena Vista Moon Mountain Cabernet Sauvignon. Note the earthy aromas of cassis, menthol, and cocoa, and flavors of cedar and red berry. Cabernet Sauvignon is the perfect wine for lamb; it's juicy, refreshing tannins cleanse the palate perfectly, returning it to stasis – the point of the wine and food pairing.
3. Salt and pepper the lamb chops. Put Avocado Oil in a cast-iron pan and heat until smoking. Sear lamb chops...4 minutes each side.
4. Put shallots into the pan with the lamb chops, stir pan so that all shallots are coated with the lamb juice.
5. Place the remaining half glass of Buena Vista Moon Mountain Cabernet Sauvignon, parsley, garlic, and the bowl with the flour/wine mixture into the pan. Bring to a gentle boil, and then turn the heat down—simmer 4 minutes.
6. Melt butter in a separate small saucepan and slowly blend into the lamb-chop pan until fully mixed.
7. Enjoy Lamb/Cabernet Heaven!

SONOMA, CA → @BUENAVISTAWINES