

B SIDE

NAPA VALLEY CABERNET SAUVIGNON

Steak and Wild Rice Wrap

SERVES 4

INGREDIENTS

- 2 cups beef stock
- 1/4 cup wild rice*
- 2 Tablespoons soy sauce
- 1 Tablespoon balsamic vinegar
- 1 1/2 Teaspoons Worcestershire sauce
- 1/4 teaspoon minced garlic
- 1 lb. sirloin steak, fat trimmed
- Boiling water
- 2 Tablespoons mayonnaise
- 2-3 teaspoons toasted sesame seeds
- 4 medium size (10 inch) spinach wraps
- 3/4 - 1 cup cabbage, very finely shredded

PROCEDURE:

In a small saucepan, bring the stock to a boil. Stir in wild rice, cover and simmer until tender, adding boiling water to cover whenever liquid gets low. (This will take an hour or more.) In the meantime, mix next four ingredients in a pan large enough to hold steak. Add the steak, turn once and cover. Marinate at room temperature about 45 minutes, turning twice more.

When rice is cooked (kernels start to turn inside out), remove it from heat and set aside. Remove steak from marinade and fry in a medium-hot skillet until done to taste (we suggest medium-rare). Set meat aside to rest several minutes. In a small saucepan, boil down the marinade to only 2 Tablespoons. Allow to cool slightly and stir together with the mayonnaise. In a slightly larger bowl, stir together the mayonnaise sauce (about 1/4 cup) and the wild rice (about 1 - 1/4 cup).

To form wraps, slice the steak into very thin strips, cutting diagonally (across the grain). Spread 1/4 cup wild rice mixture across center of each wrap, followed by some of the sliced steak and a few shreds of cabbage. Roll up tightly and serve with B Side Cabernet Sauvignon.

*Or use 1- 1 1/4 cups of leftover wild rice pilaf. Heat it a little before mixing it with sauce and filling the wraps.

COMMENT:

Look to **B Side Cabernet Sauvignon** as the companion for this glorified steak sandwich. With its nose of black pepper and red fruit (cherry, blackberry) flavors, this civilized wine is marked by the traditional Cabernet tannins (tamed, not hard) that take naturally to zesty beef and the strong umami of wild rice and soy sauce. Together they're a civilized pair of dining companions we'd be happy to take to the opera – or even the drive-in.

