

Mavrodaphne Recipes

Mavrodaphne Ice Cream

Preparation time: 20 minutes + chilling + freezing

Cooking time: 15 minutes

Total time: 35 minutes + chilling + freezing

Serves: 8

Ingredients

400ml whole milk

- 5 British Blacktail Large Free Range Eggs, yolks only
- 150g caster sugar
- 100ml Kourtaki Cameo Mavrodaphne Of Patras NV Dessert Wine
- 50ml crème de cassis
- 300ml double cream
- Juice of ½ lemon

Method

1. Heat the milk in a pan until just under boiling point, then take off the heat. Using electric beaters, whisk the egg yolks with the sugar until pale, soft and very much increased in volume. Slowly pour the warmed milk onto this, beating as you do so.
2. Put the egg yolk mixture into a heavy-bottomed pan and gently heat, stirring all the time for about 12-15 minutes, until the mixture has thickened considerably (you should be able to draw your finger through the custard as it coats the back of a wooden spoon and be able to leave a channel). Be very careful not to overheat the mixture or it will scramble. As soon as the custard is thick enough pour it into a bowl set in a sink of cold water (if you can, add ice into the water – you want to cool down the custard to stop it cooking any more). Stir from time to time as the custard cools.
3. Add the Mavrodaphne wine and the cassis. Beat the cream until it holds its shape. Gradually add the cooled custard to the whipped cream, then the lemon juice.
4. Churn in an ice-cream machine according to the manufacturer's instructions. If you don't have a machine, pour the mixture into a metal container (metal helps it freeze more quickly) that will fit in your freezer. Cover and freeze for about 90 minutes, then churn the mixture up, either by putting it in a food processor or with a fork, mashing it to break down the crystals. Repeat this a couple of times or so until the ice cream is frozen and smooth. Keep in the freezer. You don't need to soften this ice cream before serving it, it doesn't get very firm. Serve with little biscuits on the side. It's quite a delicate ice cream and doesn't need anything more.

Mavrodaphne BBQ Sauce

INGREDIENTS

- 1 cup Mavrodaphne
- 3/4 cup sugar
- Two tablespoons soy sauce or salt to taste
- One teaspoon hot sauce or chopped hot peppers to taste.
- Six cloves garlic, finely chopped, or 1 tablespoon garlic powder (not garlic salt)
- Two green onions, cut into small pieces, or three tablespoons chopped onion.

DIRECTIONS

1. Place the mavrodaphne in a small pot and add the sugar while stirring over a low heat.
2. When the sugar is dissolved, add the other ingredients.
3. The end result is a fragrant, tasty sauce similar to that used for Chinese spareribs.
4. It goes well with almost any meat, but is especially good with pork and lamb

RECIPE BACKSTORY

Mavrodaphne is a rich, dark dessert wine, similar to a port. This romantic wine has a romantic story to match. Supposedly, a German winemaker owned some vineyards in Greece, where the crop was primarily the Mavro variety of grapes. Almost against his will, he found himself falling in love with one of the grape pickers he employed, a beautiful Greek maiden named Daphne. Before he could make up his mind to tell her of his love, the girl sickened and died. Heartbroken, the vintner named his wine after the two things he most loved - the Mavro grapes, and the maiden Daphne.

Mavrodaphne Rabbit

Ingredients:

Serves 4-6 people

Marinade:

- 75ml of olive oil
- Juice of 1 lemon and zest
- 3 tbsp of light soy sauce
- 4 garlic cloves, lightly bashed
- 1 tsp of dried rosemary
- 1/2 tsp of fennel seeds
- 1 tsp of salt
- 1 tsp of black peppercorns, lightly crushed
- 2 bay leaves

Rabbit

- 1 Rabbit, cut into pieces, preferably 8 or more. (approx. 2kg)
- Flour, enough to coat the meat.
- Salt and pepper
- Butter
- A generous glass of Mavrodaphne wine

Preparation:

1. In a big bowl that you can cover and store in your fridge, add the rabbit pieces and mix thoroughly with the marinade ingredients.
2. Cover and leave in the fridge overnight (or at least 12 hours but no more than 24)
3. Before cooking, take it out of the fridge and let it sit outside until it gets to room temperature. When it's not too cold to the touch, take the meat pieces out of the marinade. Rub off the marinade bits (like the rosemary and fennel seeds) as much as you can off the meat with your fingers.
4. Season the flour, and coat the meat pieces, tapping off excess flour. Preheat the oven to 180 degrees Celsius.
5. In a frying pan, melt some butter. When it's hot, fry the meat pieces until slightly brown. Place the pieces into a baking dish.
6. In the same frying pan, add a small knob of butter, and once it's slightly sizzling, add the wine and reduce slightly.
7. Pour the wine sauce over the meat in the baking dish, and cover (with foil).
8. Bake in the oven for approximately an hour and a half. Uncover for the last 20 minutes so that it can get some colour.
9. Serve with roast potatoes. Enjoy!

What do you do with the leftover marinade?

You *can* throw it out, but what you can *try* is to sieve out the bits, and keep the liquid. The marinade is quite flavourful and lemony. You can use it to make "Greek Lemon Potatoes" that can be served with the rabbit. Try Google to find a recipe for you to experiment with.

Figs in Mavrodaphne Wine with Manouri Cheese

INGREDIENTS

Serves: 6

- 12 ounces dried Calimyrna figs (Greek)
- 2/3 cup Mavrodaphne wine (or any sweet, red, dessert wine)
- 1 cinnamon stick
- 3 -4 whole cloves
- 1/2 cup Greek thyme honey
- 1 1/2 lbs fresh Manouri cheese (fresh ricotta could be used)
- Sprig of fresh mint (to garnish)
- Greek thyme honey (to garnish)
- Pinch ground cinnamon

DIRECTIONS

1. Place the figs in a wide saucepan and cover with hot water.
2. Soak them for 1 hour.
3. Pour in the Mavrodaphne wine and the spices.
4. Bring to a boil, reduce heat, and simmer for about 30 minutes, until the figs are very plump and tender.
5. Remove the fruit with a slotted spoon, and strain the poaching liquid, discarding the spices and any seeds that may have leaked out from the figs.
6. Return the poaching liquid to the pot, add honey, and boil until reduced and thick and the consistency of syrup, about 5-7 minutes.
7. Slice the Manouri cheese into 1/2-inch rounds, carefully so as to keep the pieces intact.
8. Place the cheese slices in one overlapping row on a large platter.
9. Place the poached figs evenly over them and pour over the syrup.
10. Serve immediately, garnish with mint and a discreet pinch of ground cinnamon, if desired.

