

Green Bean, Rosemary and Almond Salad Sformato di Carote

We often serve the green bean salad on picnics and it makes an easy lunch with some fresh bread and maybe a *frittata* (omelette). Alternatively, for a stunning colour combination – serve it alongside the carrot soufflé (recipe courtesy of Alberto, Il Laghetto in La Morra)

Green Bean, Rosemary and Almond Salad

Ingredients

Fresh green beans
(a handful per person for a main meal, half that if served with other salads)
A handful of rosemary
1 clove of garlic
100g whole almonds (peeled)
Good quality olive oil
Lemon juice
Salt and Pepper



Picnic on Mystical Maremma, May 2008

Gently fry the almonds and chopped garlic in a pan until the nuts are a golden brown. Cool on kitchen paper to absorb the extra oil. Top and tail the beans and cut into 2½cm lengths. Cook the beans in a pan of boiling, salted water for a few minutes until the beans are slightly cooked but still crunchy. Refresh in cold, even iced, water to prevent from discolouring.

Toss the beans with the chopped rosemary (save a couple of sprigs – with flowers if possible - for a garnish) and dress with lemon juice and olive oil, salt and pepper.

Sformato di Carote

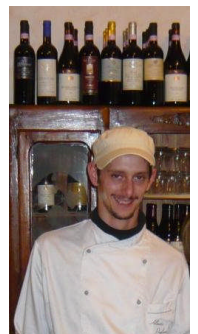
Ingredients (serves 6)

500g cooked carrots
3 eggs
45g parmesan cheese
250ml single cream
Béchamel sauce to serve (add parmesan or gorgonzola to taste)

You will need ramekins or dariole moulds to bake these in. Heat the oven to 170°.

Beat the ingredients together well using a wooden spoon or electric mixer. Grease the dishes and fill them almost to the top with the carrot mixture. Bake for 20minutes. If using dariole moulds – cook in a cooler oven for longer. Turn out onto a serving plate and serve with a light cheese sauce.

Alberto – La Morra



Wine Suggestions and Notes

We suggest serving this with a crisp white such as **Arneis**. Arneis in the dialect from Piedmont means “a little crazy”. Legend has it that this name was given because the wine was somewhat difficult to produce and the annual production was inconsistent. Arneis has deep roots in Piemonte, in fact locally it is still called “Nebbiolo Bianco” or the white Nebbiolo. This grape was almost wiped out with the arrival of Barbera. It was kept alive because many farmers would plant about 5% of their vineyards, which were Nebbiolo and Barbera, with Arneis. They would use the white grapes for their own table wine and in years where the production was abundant they would cut the Nebbiolo grapes with 2-5% Arneis. This resulted in a smooth red even when very young.

Arneis has its origins in Roero. Today it is produced in this small area outside of Cuneo and in the Langhe. Dating back to the 1600s originally Arneis was a sweet wine and the Savoias, the royal family from Turin, were the primary clients. Arneis grows in a hilly region near Cuneo. Its particular characteristics are due to the sandy ground in the hills and the marine deposits left 12-15 millions of years ago.

The landscape has changed little in the last 200 years, rolling hills with bright sun falling into the valleys that lead to Cuneo. This grape is so sweet that the birds would come from all around to consume this grape. What remained was transformed into a sweet wine “for the women”. It is said that it made the women, hardened by the environment, more relaxed and friendly. The sweet wine made from Arneis was held, jealously, until the period of Carnival and was the drink of great celebrations.

Perhaps it was this quality that saved this vine from extinction until it was finally understood as one of the greatest white wines on the earth today. It is produced as a dry white wine to accent the flavours.

This elegant Italian white wine grape variety is creating a buzz in Australia. Arneis plantings in the vineyards of the King Valley of North East Victoria, in the Mornington Peninsula and the Riverland Wine region of South Australia have now been in production for a few years. The next couple of years will see if Australian wine consumers will share the enthusiasm for these wines.

Stockists and further information

Australia

- [Dal Zotto](#) (King Valley) won a Gold Medal for their 2008 Arneis at the Australian Alternative Wine Varieties Show in Mildura. *‘Arneis, a crisp, crunchy, spicy Italian white from the Piedmonte (Italy) made without oak. Dal Zotto is a tried and true performer with the variety’*. James Halliday.
- Specialist wine merchants will stock Arneis from Piedmont



UK

Arneis is readily available from good wine merchants in the UK. We would love to hear from you if you have a recommended producer and/or stockist.





Dedicated to the search for quality, sustainable practice and integrity of provenance in food and wine. Delivery is national and overnight for a flat fee of just £6.50. Most of Rare & Organic's products are sourced directly from Italian producers but they have a growing range from other countries, including France and Britain - always bought directly from the producer. [Rare & Organic](#) was founded by Cinzia Long and James MacNay on the simple principles that when a small producer becomes organic he does so out of passion: and that the producer who cares the most is the best.

Food and Wine Events in East Anglia



Born and educated in London, Sue Humphrey has lived in Norfolk for thirty years. From an early age her father encouraged her interest in food, and many a happy Sunday afternoon was spent in the kitchen together perfecting the art of the Victoria Sponge cake!

Occasionally wine was served at the dinner table and Sue was allowed a very small glass, but not without first evaluating its aromas and flavours. From such beginnings, passions develop... After many years experience in private catering and the retail wine trade, Sue decided it was time to start her own business.

She conducts wine tastings, for groups and organizations, which are informal and informative in style and with the emphasis on the enjoyment of food and wine matching. Sue also offers private catering – celebrations being a speciality.

For more details please contact Sue at:

[Food and Wine Events](#)

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Rest of the World

We are always interested to hear from people who can recommend a wine merchant with a quality selection of Italian wines.

