



April 2019

## Grilled Trout with White Beans and Caper Vinaigrette

**Wine Pairing:** 2018 Azienda Vinicola Rocca di Montegrossi Toscano Rosato, Chianti, Italy

**Serves 2 Entrée Portions**

### Ingredients:

- 1/4 cup (1/2 stick) unsalted butter
- 1 tablespoon olive oil
- 1/4 cup minced shallots
- 2 tablespoons white balsamic vinegar
- 1 tablespoon drained capers
- 1 teaspoon chopped fresh rosemary
- 1 15-ounce can white beans, rinsed, drained
- 1 teaspoon finely grated lemon peel
- 2 10-ounce cleaned boned butterflied trout
- 1 cup coarsely sliced arugula



### Directions:

Prepare barbecue (medium-high heat). Cook butter in small skillet over medium heat until brown, stirring often, about 4 minutes. Remove from heat. Mix in oil, then shallots, vinegar, capers, and rosemary. Season vinaigrette to taste with salt and pepper.

Mix beans, lemon peel, and 2 tablespoons vinaigrette in medium skillet. Season to taste with salt and pepper.

Brush a little vinaigrette over flesh side of trout; sprinkle with salt and pepper. Place skillet with beans on edge of grill to warm through. Grill trout, flesh side down, until brown, about 2 minutes. Turn trout over; grill until cooked through, about 2 minutes. Transfer trout to plates. Mix arugula into warm beans; spoon alongside trout. Rewarm remaining vinaigrette; spoon over trout and beans.

**Recipe By:** *Bon Appétit Test Kitchen, Bon Appétit, July 2009*



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## Tuna Carpaccio with Watercress Salad and Balsamic Dressing

**Wine Pairing:** 2018 Bodega Garzón Pinot Noir Rosé, Garzón, Uruguay

### Serves 4 Starter Portions

- 2 tablespoons balsamic vinegar
- ¼ teaspoon Dijon mustard
- 8 tablespoons extra-virgin olive oil, divided
- Fine sea salt
- 1 pound sushi-grade ahi tuna steaks, cut into 1-inch squares
- 4 teaspoons fresh lemon juice
- 2 teaspoons thinly sliced fresh chives
- 1 teaspoon minced shallot
- 2 cups (loosely packed) watercress sprigs (about 2 ounces)



### Directions:

Combine vinegar and mustard in small bowl; whisk in 4 tablespoons olive oil. Season dressing to taste with sea salt and pepper. **DO AHEAD:** Can be made 1 day ahead. Cover; chill.

Place 1 sheet of plastic wrap on damp work surface (to prevent plastic from slipping). Arrange 1/4 of tuna squares 1 inch apart in circle on plastic. Cover with second sheet of plastic. Using flat side of mallet, gently pound tuna squares until they are very thin and form an 8- to 9-inch solid round. Place tuna round, still in plastic, on plate. Form 3 more rounds with remaining tuna. Refrigerate tuna carpaccio at least 30 minutes and up to 4 hours.

Peel 1 plastic sheet from each tuna carpaccio round; invert onto plates and peel off remaining plastic. Brush each with 1 tablespoon olive oil, then sprinkle with lemon juice, chives, shallot, sea salt, and pepper. Toss watercress and 2 tablespoons dressing in medium bowl; season to taste with sea salt and pepper. Mound watercress atop and serve.

**Recipe By:** Eric Ripert, *Epicurious*, September 2006