



September 2019

## Salade Niçoise (Serves 6)

Wine Pairing: 2018 Club 44 Rosé, Coteaux d'Aix en Provence, France

### Ingredients:

#### Salad

- 2 grilled or otherwise cooked tuna steaks\* (8 oz each) or 2-3 cans of tuna
- 6 hardboiled eggs, peeled and quartered lengthwise
- 1 1/4 pounds small young red potatoes or fingerling potatoes
- Salt and freshly ground black pepper
- 2 medium heads Boston lettuce or butter lettuce, torn into bite-sized pieces
- 3 small ripe tomatoes, cored and cut into wedges
- 1 small red onion, thinly sliced
- 1/2 pound green beans, trimmed and cut into 2-inch pieces
- 1/4 cup niçoise olives
- 2 Tbsp capers, rinsed and/or several anchovies (optional)

#### Vinaigrette

- 1/3 cup lemon juice or red wine vinegar
- 3/4 cup extra-virgin olive oil
- 3 Tbsp finely chopped shallot
- 2 Tbsp finely chopped fresh basil
- 1 Tbsp finely chopped fresh thyme
- 2 teaspoons finely chopped fresh oregano or tarragon
- 1 teaspoon Dijon mustard
- Salt and freshly ground black pepper



### Directions:

*\*Marinate tuna in olive oil for an hour. Heat a large skillet on medium high heat, or place on a hot grill. Cook the steaks 2 to 3 minutes on each side until cooked through.*

1. Make vinaigrette: In a jar, place the oil, lemon juice or vinegar, shallots, herbs, and mustard. Cover with a lid and shake until well blended. Add salt and pepper to taste.
2. Marinate onion slices in some of the vinaigrette: Place onion slices in a small bowl and sprinkle with 3 Tbsp of the vinaigrette. (This will take some of the bite out of the onions.)
3. Cook the potatoes, cut, and dress with vinaigrette: Place potatoes in a large pot and cover with 2 inches of water. Add 1 Tbsp of salt. Heat on high to bring to a boil, then lower to maintain a simmer. Cook for 10 to 12 minutes, until the potatoes are fork tender. Drain. While the potatoes are still warm, cut them into halves or quarters, depending on the size of the potatoes. Place them in a bowl and dress them with about 1/4 cup of the vinaigrette.
4. Boil the green beans in salted water: While the potatoes are cooking, fill a medium-sized pot halfway with water and add 2 teaspoons of salt. Bring to a boil and add the green beans to the water. Cook until tender but still firm to the bite, about 3-5 minutes. Drain and either rinse with cold water to stop the cooking, or shock for half a minute in ice water.
5. Arrange on a bed of lettuce: Arrange a bed of lettuce on a serving platter. Cut tuna into 1/2-inch thick slices. Mound tuna in center of lettuce. Sprinkle the tomatoes and onions around the tuna. Arrange the remaining ingredients in mounds on the lettuce bed.
6. Drizzle everything with the remaining vinaigrette. Sprinkle with capers if using.

Serve immediately. Should be served slightly warm or at room temperature.

Recipe and Image From: [https://www.simplyrecipes.com/recipes/nicoise\\_salad/](https://www.simplyrecipes.com/recipes/nicoise_salad/)



September 2019

## Smoked Trout Chowder (Serves 4)

Wine Pairing: 2018 Preston Family Vineyard, Vin Gris, Dry Creek, California

### Ingredients:

- 1 tablespoon butter
- 2 ribs celery, chopped
- 6 scallions, white bulbs and green tops chopped and reserved separately
- 2 cloves garlic, minced
- 1 pound baking potatoes (about 2), peeled and cut into 1/2-inch cubes
- 1/4 cup dry white wine
- 2 cups water
- 1 quart canned low-sodium chicken broth or homemade stock
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 1/4 teaspoons salt
- 1 cup half-and-half
- 2 fillets peppered smoked trout, skin removed, fish flaked



### Directions:

1. In a large pot, melt the butter over moderately low heat. Add the celery, the chopped scallion bulbs, and the garlic and cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
2. Add the potatoes, wine, water, broth, thyme, bay leaf, and salt to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, until the potatoes are tender, about 15 minutes.
3. Stir the half-and-half into the soup. Simmer until the soup starts to thicken, 2 to 3 minutes. Remove the pot from the heat and stir in the trout and the scallion tops. Remove the bay leaf from the soup.

Image and Recipe From: <https://www.foodandwine.com/recipes/smoked-trout-chowder>