



SIPS  TIPS

## *Ahi Nicoise Salad with 2020 Prelude Estate Rosé*

Wine, food and travel writer Caitlin Hodges of Sips N Tips ([sips-n-tips.com](http://sips-n-tips.com)) created this recipe specifically to pair with Prelude Estate “Brosé.” She writes: “The herbal quality of this rosé brings an earthy character that is not only unique, but provides a clear pathway to matching food flavors. In addition, the high acidity in the wine makes it food friendly, especially when paired with a meal that mimics the acidity level. To me, Grilled Ahi Nicoise Salad is a perfect pairing, especially with my Dijon Herb vinaigrette.

The best part of the pairing is that they balance each other perfectly. Neither the food nor the wine overpowers the other.”

### Sips N Tips’ Grilled Ahi Nicoise Salad

*The fresh ahi, eggs, and vegetables serve as a perfect balancing act and palate cleanser, giving the Prelude time to shine.*

#### INGREDIENTS

2 tablespoons Dijon mustard  
2 tablespoons champagne vinegar  
1 tablespoon freshly squeezed lemon juice  
1 teaspoon kosher salt, plus more for seasoning  
1 teaspoon black pepper, plus more for seasoning  
1 teaspoon Herbs de Provence  
2 cloves of garlic, minced  
10 ounces mixed salad greens  
1 pound fresh ahi tuna (*this comes out to be about one large tuna steak*)  
4 eggs  
12 ounces mini potatoes  
8 ounces green beans  
¾ cup Kalamata olives  
2 tablespoons capers  
Maldon sea salt flakes for garnish

#### INSTRUCTIONS

1. To make the dressing: In a small mason jar with a lid, combine Dijon, vinegar, lemon juice, salt, pepper, herbs, and garlic. Close lid and shake well.
2. Add eggs to a pot and cover with cold water. Bring water to a boil. Once water begins boiling, set a timer for 6 minutes. At the 6-minute mark, transfer eggs to a bowl of ice water using a slotted spoon. Let eggs cool in ice bath for a few minutes before peeling and set aside.
3. Add 12 ounces of mini potatoes to the same pot of water. Add water if needed. Boil potatoes until fork tender. Remove with a slotted spoon and set aside.
4. Using the same pot of water (again!), steam the green beans. Place a steaming basket filled with green beans above the boiling water and cover with a lid. No steaming basket? Use a metal colander. Steam green beans until they turn bright green and are tender but still have a crunch (about 4 minutes). Set aside.
5. Pre-heat the grill for the ahi. Make sure the barbeque is hot to prevent the ahi from sticking. Coat the ahi with olive oil, salt, and pepper (to taste). Sear the ahi for 1-2 minutes per side. If you have a particularly thick ahi steak, aim for 3-4 minutes per side. When finished, the ahi should be raw inside with grill marks on the outside. Remove from grill and set aside.
6. Prepare the salad ingredients. Cut potatoes into bite-sized pieces. Cut green beans into 1-inch pieces. Slice the Kalamata olives. Using a serrated knife, gently slice each of the hardboiled eggs.
7. Prepare the mixed greens. In a large salad bowl, combine the mixed greens and the desired amount of salad dressing. Toss to combine.
8. Sprinkle 2 tablespoons of capers onto mixed greens and arrange the vegetables, eggs, and olives on the salad. Slice the tuna against the grain of the fish. Place your grilled ahi on the salad, garnish with Maldon sea salt flakes, and pair with a glass of Bells Up Prelude Rosé!

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