

Etruscan (Villanovan) Art:

- Early Etruscan culture appeared in Italy during the 10th century BCE
 - Settled between Florence and Rome
 - Had strong cultural ties with the Near East and Asian Minor
 - They were sailors and merchants
- Periods of art coincide with the Greek Periods
 - Orientalizing period - period of Greek culture before Geometric
 - Also present in Etruscan Art
 - Like the Greeks, they never formed a unified nation
 - A loose confederation of city-states with a common language
 - City-states were slow to unite against common enemies
- Eventually absorbed into Roman culture in about 300 BCE
- A bulk of Etruscan information comes from tombs furnished with sculptures and paintings
 - They started as simple tombs (mounds) which eventually evolved into family centered tombs
 - The mounds had corbeled tunnels leading into chambers
 - Necropoli were several mounds built around each other
 - Their tombs were supposed to resemble their houses, so it is safe to assume that their houses were built in the same way - either mounds or clay and mud shacks
- Eventually their burial methods moved away from tombs to funerary urns called **cinerary urns** which held ashes
 - They then buried these urns in tombs of their own
 - They elevated the urn

Art of Note:

Burial Chamber, Tomb of Reliefs. 3rd Century BCE

- Resembles the person's house
 - Has a frying pan, a dog, tools
- Stucco reliefs of everyday objects furnish the tombs of the dead
 - The tools, the ropes the frying pans, all of the objects are not **real** objects, just stucco
 - Tells us that the Etruscan belief system believes that the dead don't really need their stuff in the afterlife like the Egyptians, but just the symbolic representations
 - Reminiscent of Egypt because of being buried with stuff, but also strikingly different from Egypt because they're not real stuff



Chile-Crusted Tuna Tacos

Ingredients:

1 cup fresh orange juice
1 tablespoon minced canned chipotles in adobo (including sauce)
1 tablespoon distilled white vinegar
1 1/2 teaspoons ground coriander
1 1/2 teaspoons ground cumin
1 1/2 teaspoons chili powder
1 1/2 teaspoons cracked black pepper
1 1/2 teaspoons kosher salt
3/4 lb (1 1/2-inch-thick) sushi-grade tuna steak
2 tablespoons olive oil
4 (9- to 10-inch) flour tortillas
1 cup matchstick (1/8-inch-thick) pieces of jicama (from 1 small jicama, peeled)
1/4 cup coarsely chopped fresh cilantro
2 tablespoons fresh lime juice
1 firm-ripe California avocado
1 cup loosely packed arugula, coarse stems discarded

Directions:

Bring orange juice, chipotles, and vinegar to a boil in a 1- to 1 1/2-quart heavy saucepan, then reduce heat and simmer, stirring occasionally, until reduced to a generous 1/3 cup, 15 to 20 minutes. Remove from heat and cool. While sauce cools, prepare charcoal or gas grill for cooking. While grill heats, stir together coriander, cumin, chili powder, black pepper, and kosher salt in a shallow bowl. Brush tuna on all sides with 1 tablespoon oil (total), then coat all sides evenly with spice mixture. Grill tuna on lightly oiled rack, uncovered, turning to brown all sides, until browned on outside but still rare in center, 8 to 10 minutes total. Let tuna stand 10 minutes. While tuna stands, heat tortillas on grill, turning over once, until warm, about 1 minute, and keep warm, wrapped in foil. Toss jicama with cilantro, lime juice, remaining tablespoon oil, and salt and pepper to taste in a small bowl. Halve, pit, and peel avocado, then cut into 1/2-inch-thick slices. Put a tortilla on each of 4 plates. Divide arugula, jicama, and avocado among tortillas, arranging evenly down center of each. Slice tuna 1/4 inch thick and divide among tacos. Drizzle chipotle sauce evenly over tuna and roll up tacos to enclose filling.

Charred Spiced Bonito Tacos

For some reason, small tunas like the bonito are not as popular fresh as the large yellowfin and bigeye tunas. Bonito has a delicate yet rich flavor. In this recipe, the fish is highly seasoned, grilled, and then broken up into pieces with the tines of a fork and used as the filling for tacos. The slight bitterness from the grilling combined with the smoky richness of the seasoned fish is a perfect excuse to experiment with several salsas as accompaniments. Don't forget to have plenty of soft, fresh tortillas on hand.

Ingredients:

1 pound bonito, mackerel, or yellowfin tuna fillet, cut into 2- by 4- by 1-inch strips
2 Tbs freshly squeezed lime juice, plus more, if necessary
1/4 cup olive oil, plus more for oiling grill
2 tablespoons chipotle rub
1/4 cup dried Mexican oregano*
1/4 cup corn oil
5 dried *chipotle* chiles*, stemmed, seeded, and deveined (wear rubber gloves)
5 *ancho* chiles*, seeded and deveined (wear rubber gloves)
25 garlic cloves
1 1/2 cups coarse salt
2 tablespoons diced radish
2 tablespoons very thinly sliced scallion, white and green parts
charred tomato mint salsa
3 plum tomatoes
a 1/2-inch-thick sliced medium white onion
1 garlic clove, unpeeled
2 serrano chiles with seeds, chopped (wear rubber gloves)
12 fresh coriander leaves, chopped coarse
3 large fresh mint leaves, chopped fine
1/4 teaspoon ground cumin
1/4 cup water
1/8 teaspoon coarse salt, or to taste
8 small tortillas, heated

Directions:

For the fish - Light the grill. In a medium-sized, nonreactive bowl, toss the fish with lime juice, 1/4 cup olive oil, and Chipotle Rub. Cover, refrigerate, and let marinate about 1 hour. Oil grill and cook fish over a hot fire until lightly charred and medium-rare (it should still be pink in the middle), about 3 minutes. In a warm bowl (so fish does not cool too much), shred fish. Taste for seasoning and sprinkle with a little more Chipotle Rub and lime juice, if needed. Top with radish and scallion and serve warm with salsa and tortillas.

For the mint salsa - Heat a dry "comal" or flat iron griddle over moderately low heat until hot and pan-roast tomatoes, onion, and garlic, turning them occasionally to ensure even roasting, until brown and soft throughout, about 15 minutes. Discard tomato stems and garlic skin. Chop tomatoes, onion and garlic coarse and in a bowl stir together with

remaining ingredients. (Salsa should be chunky.) Salsa may be made 2 days ahead and chilled, covered.

For the Chipotle Rub - In a small heavy skillet dry-roast oregano over moderate heat, shaking skillet occasionally, until fragrant and beginning to brown, about 2 minutes, and transfer to a small bowl. Cool oregano completely and in an electric coffee/spice grinder grind fine. In a heavy skillet heat oil over moderately high heat until hot but not smoking and, using tongs, fry chiles, 1 to 2 at a time, turning them, until puffed and just beginning to brown, about 10 seconds. (Do not let chiles burn or rub will be bitter.) Transfer chiles as fried to paper towels to drain and cool until crisp. Wearing rubber gloves, break chiles into pieces and in coffee/spice grinder grind fine in batches. In a food processor grind oregano and chiles with garlic and salt until mixture is a shaggy, saltlike consistency. If mixture seems moist, on a large baking sheet spread it into a thin, even layer and dry in middle of an oven set at lowest temperature until no longer moist, about 1 hour. Wearing rubber gloves, break up any lumps with your fingers. (*Chipotle* rub keeps in an airtight container, chilled, 6 months. Regrind rub before using.)



Tacos with Fresh Tuna and Black Beans

Ingredients:

3/4 lb tuna loin or steaks 1" thick
4 tsp olive oil
2 tsp chili powder
salt to taste
1/4 cup minced cilantro
8 fresh tomatillos
4 green onions minced
3 garlic cloves minced or pressed
3/4 C finely diced red bell pepper
2 fresh jalapenos cored, seeded and minced
1 15 oz can black beans rinsed and drained
2 Tbs lime juice
8 crisp taco shells
1 C plain yogurt
Sour cream for garnish

Directions:

Rub both sides of the tuna steaks with 2 teaspoons of the olive oil and sprinkle with chili powder. Sprinkle lightly with salt just before cooking. Grill over hot coals, or broil about 2 inches from heat, turning once, until the fish is just barely opaque in the center, 2 to 3 minutes per side. Break the tuna into flakes and toss with half the cilantro; cover and keep warm. Discard the husks from the tomatillos, wash them and cut into 1/2-inch dice. In a 10- to 12-inch frying pan, heat the remaining 2 teaspoons oil over medium heat. Add the onion and garlic and stir until softened, about 4 minutes. Increase the heat to medium-high. Add the tomatillos and red pepper and stir until warm, about 2 minutes more. Add the jalapenos, beans, lime juice and remaining cilantro; stir until warmed, about 2 minutes. (Do not overcook or the tomatillos will become soupy.) Add salt to taste. Place the tomatillo mixture into a shallow serving dish and sprinkle with the tuna. Let each diner spoon the filling into their taco shells, passing the yogurt around separately to add to taste.

Tuna Tacos with Tomatillo Salsa

Ingredients:

Salsa

- 1 lb Fresh green tomatillos
 - 3 Tbs Finely chopped red onion
 - 1 Serrano chile, finely chopped, seeded if desired
 - Juice of 1 lime
 - ½ C Finely chopped cilantro
 - ¼ tsp each Salt and black pepper
 - 2 tsp Olive oil
 - 2 tsp Fresh thyme, finely chopped
 - 2 Cloves garlic, crushed
 - ¼ tsp each Salt and black pepper
- 1 lb Tuna steak, (1 inch thick) skin removed
 - 8 Fat-free (6 inch) flour or corn tortillas, warmed
 - 2 C Shredded iceberg lettuce
 - 1 C Diced plum tomatoes
 - ¼ C Chopped cilantro

Directions:

Salsa: Husk tomatillos; wash under hot water. Puree in food processor or blender. Pour into sieve set over small bowl; drain 3 minutes; discard liquid. Transfer pulp to serving bowl; stir in onion, chile, lime juice, cilantro, salt and pepper.

Tacos: In cup, combine oil, thyme, garlic, salt and pepper; rub over Tuna. Prepare medium-hot fire on outdoor grill or preheat broiler. Grill or broil fish 4-6 minutes per side, until just cooked through. Remove to cutting board; let rest 3 minutes. Halve steak lengthwise; cut cross-wise into ¼" slices.

Place fish slices down center of each tortilla; top with lettuce, tomatoes and cilantro; spoon on some salsa. Fold to form soft taco. Serve with extra salsa.

Pacifica Del Mar Sashimi Tacos

Ingredients:

8 small corn tortillas
8 oz sashimi grade ahi
1 c thinly sliced cabbage
1 tsp oil for searing ahi
fresh ground black pepper
kosher salt
oil for frying the tortillas
Chinese salsa
1/4 lb shitake mushrooms sliced
1 Tbs butter
2 Tbs soy sauce
1/2 c seeded and diced fresh tomato
1 bunch cilantro chopped
1/4 c scallions
1 jalapeno seeded and minced
1 tsp kosher salt
1/2 tsp fresh black pepper
1/4 c rice wine vinegar
1 Tbs sesame oil

Directions:

Preheat a saute pan. Salt and pepper the ahi. When the pan is very hot add oil and sear ahi for 30 seconds on all sides. Remove from pan. In a cooler saute pan, gently cook the mushrooms in butter until soft. Add the soy and remove from heat. Let cool. Combine the mushroom/soy mixture with the rest of the salsa ingredients. To assemble the tacos. Thinly slice the ahi. Divide the cabbage equally among the 8 tortillas (fried. For a different variation, roll the tortillas into a cone before frying). Place some ahi and salsa on the tortillas and serve.

