

Gothic Art:

- A bridge between Romanesque and Renaissance with no definite time period
 - Lasted about 400 years in some areas of Europe, but in others only 150 years
- Term *Gothic* from the 16th century is used to describe the style of building introduced by the Germanic people, the Goths; however, the style DID NOT come from the Goths or even the Visigoths, it was just an association
- As the Gothic style spread across Europe, at its height it was called either *opus modernum* or *opus francigenum*
 - *opus* means work, *modernum* means modern, and *francigenum* means France
 - Tells us that at the time, this style was innovative and had roots in France
- Middle class came at this time, which allowed guilds to form
- Around 1000 CE, there were 42 Million people in Europe, around 1300 CE, there were 73 Million people --> huge spurt of growth
- St. Thomas Aquinas had thoughts on scholasticism which was that harmony, rationality, spirituality would all be combined together

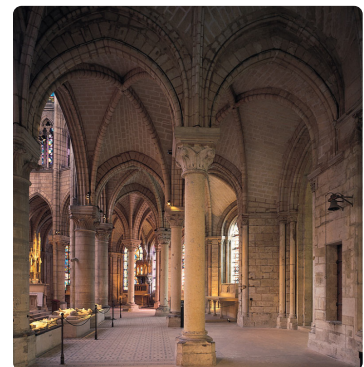
Early Gothic in France:

- There are many different *Notre Dames*
 - Means "our Lady"

Art of Note:

Ambulatory, Abbey Church of Saint-Denis

- Rebuilt by Abbot Suger (the chalice we saw at the very beginning of this course)
 - He wanted to unify politics and religion, and built this to show that the two could be one in the same
 - King was rather weak as his vassals had more power than him in their regions
- A very significant church to the French:
 - Both Charlemagne and his father were consecrated in this church
 - Church is named after France's patron saint, Saint Denis
- The lightness of this church is the distinguishing factor that separates it from Romanesque



Grilled Tuna with Corn-Tomato Relish & Rosemary Potatoes

Ingredients:

2 ears corn

1/4 cup + 2 tablespoons extra virgin olive oil + extra for grilling fish

4 garlic cloves, sliced

6 medium Yukon gold potatoes, each sliced into 6 wedges

Leaves stripped from 1 large rosemary sprig

Kosher salt, to taste

Freshly ground pepper, to taste

5 heirloom tomatoes, peeled and seeded, cut in 1/2-inch dice (about 2 1/2 cups)

12 fresh basil leaves, torn

4 six-ounce tombo tuna steaks

Directions:

Preheat oven to 400° and preheat a gas or charcoal grill to medium-high.

Push back corn husks and remove silk. Reshape husks around corn and set aside.

Heat 1/4 cup olive oil in small skillet over medium heat; add garlic and cook until light golden, stirring occasionally. Do not let garlic get dark brown or the oil will take on a burned taste.

Strain the oil and discard garlic. Toss the potato wedges with the oil, rosemary and salt and pepper to taste.

Spread the potatoes on a baking sheet and roast 30-40 minutes, turning once after 15-20 minutes. Potatoes should be crisp-brown on all sides. After they are done, turn off the heat and leave in the oven.

While the potatoes are cooking, grill the corn for 20 to 25 minutes, turning frequently. Set aside to cool.

Place the tomatoes and torn basil in a bowl. Remove the husks from the cooled corn and cut the kernels off the cob and add to the bowl. Stir in the remaining 2 tablespoons olive oil, season with salt and pepper to taste and set aside.

Lightly brush tuna with additional oil and season generously with salt and pepper. Place on the medium-hot grill. Cook to desired doneness, about 3-4 minutes on each side, turning once. Don't overcook the fish.

Place on a serving platter or plates; spoon the corn-tomato relish on top. Serve roasted potatoes on the side.



Yet another Honkin Big Tuna!

Tuna with Fennel Salad, Artichokes & Kalamata Mayonnaise

The kalamata mayonnaise is a dip for the artichokes and a sauce for the fish.

Ingredients:

4 small or 2 large artichokes

Kosher salt

2 large fresh albacore or yellowfin tuna steaks (about 1 1/2 pounds total), sliced 1 1/2 inches thick

Freshly ground black pepper

Olive or vegetable oil for the pan

1 1/2 pounds (2 medium bulbs) fennel, cored and thinly sliced

2 large green onions, thinly sliced on the diagonal

2 to 3 tablespoons fresh orange juice (from most of 1 orange)

2 tablespoons white wine vinegar

1 tablespoon extra virgin olive oil

1/2 cup mayonnaise

1 to 2 tablespoons olive paste or tapenade

Directions:

Trim the artichokes and discard any scruffy outer leaves. Either cook the artichokes in a steamer or submerge in a large pot of boiling salted water, using a heavy saucepan to weigh them down. Cook until a couple of large outer leaves come off the artichoke easily when tugged, and give them a taste to make sure they're cooked through; this usually takes 20-30 minutes. Let drain and cool slightly. If using 2 large artichokes, cut each in half through the core.

Meanwhile, season the fish with salt and pepper. Place a large nonstick skillet with enough oil to coat lightly over medium-high heat. When the oil is hot, add the tuna steaks and cook for 3-4 minutes per side, until browned on the outside and slightly pink in the center. Remove from the pan, tent with foil and let rest 3-5 minutes.

Combine the fennel, green onions, orange juice, vinegar and extra virgin olive oil in a medium bowl, then season to taste with salt and pepper.

Combine the mayonnaise with the tapenade in a small bowl.

Divide the tuna into four servings and place each on a plate with an artichoke or artichoke half and some of the fennel salad. Serve immediately and pass the mayonnaise.



Wasabi Tuna

Ingredients:

tuna, mahi, wahoo or YT fillets
soy sauce
rice wine vinegar
ginger
sesame oil
garlic
wasabi peas
vegetable oil

Directions:

Marinate the fish in the liquid ingredients for about 30 minutes or so. Crush the wasabi peas. Coat the fish in the crushed peas and sear in vegetable oil.

Tuna Salad

Ingredients:

2 pounds very fresh tuna steak, cut 1 inch thick
4 Tablespoons olive oil, plus some for brushing
2 teaspoons kosher salt
2 limes, zest grated
1 teaspoon wasabi powder
6 tablespoons freshly squeezed lime juice
2 teaspoons soy sauce
10 dashes hot sauce (Tabasco recommended)
1 to 2 ripe Avocados, medium diced
3 cup minced scallions white and green parts
3 cup red onion, small diced

Directions:

Brush the tuna steaks with olive oil, sprinkle with salt and pepper. Place the steaks in a very hot sauté pan and cook for 1 minute on each side. Set aside on a platter. Meanwhile, in a small bowl, combine the olive oil, salt, pepper, lime zest, wasabi, lime juice, soy sauce and hot sauce. Add the avocados to the vinaigrette. Cut the tuna into chunks and place in a large bowl. Add the scallions and red onions and mix well. Pour the vinaigrette mixture over the tuna and carefully mix.

Jalapenos Rellenos de Pescado Ahumado

Ingredients:

20 medium-sized jalapeno peppers, cut lengthwise with seeds and membranes removed
1 lb. smoked tuna or marlin, flaked
½ cup shredded Manchego, Chihuahua or Monterey Jack cheese
¼ cup extra virgin olive oil
2 cloves fresh garlic, peeled and finely minced
¼ cup red onion, well diced
3 to 4 slices of smoked bacon, cut into 1-inch pieces
¼ tsp. sea salt
½ tsp. freshly ground black pepper

Directions:

In a small skillet, saute the bacon pieces until crisp. Drain the cooked bacon on paper towels and set aside. Saute garlic, onion, salt and pepper in the olive oil until lightly translucent. Add the smoked fish and continue cooking for a few more minutes before removing the pan from the heat and quickly mixing in the shredded cheese until the filling is thoroughly blended. Stuff a piece of bacon and some of the mixture into each of the jalapenos, and place them on a lightly oiled grill over glowing coals. Allow the peppers to roast well, while occasionally turning each pepper until all sides are evenly cooked. Remove from the grill and allow to cool for a few minutes before serving. As you might suspect, this recipe goes exceptionally well with a glass of cold Mexican beer.



Bill's 300+ Giant!

Fried Tuna with Tomatoes and Onions

Ingredients:

1/2 cup olive oil (more as needed), divided
2 garlic cloves, peeled and slightly crushed
4 ripe tomatoes, peeled and chopped
Salt, pepper
4 onions, thinly sliced
1/4 cup plus 2 tablespoons white wine vinegar
2 (1-pound each) tuna steaks, about 1 1/2 inches thick, halved crosswise
1 1/2 cups dry breadcrumbs
2 tablespoons chopped parsley

Directions:

In a sauté pan, heat 2 tablespoons of the olive oil. Add the garlic and cook until aromatic, about 1 minute. Add the tomatoes and season with one-half teaspoon salt and one-eighth-teaspoon pepper. Simmer 5 to 10 minutes until the tomatoes are tender and release their juices. If necessary, add a few tablespoons of water to thin out the sauce slightly. Remove the garlic, adjust seasoning as needed and set aside, covered, in a warm place.

In a large frying pan, heat the remaining oil over medium heat and sauté the onions. Season with 1 teaspoon salt and one-fourth teaspoon pepper and cook until soft and golden, turning with a wooden spoon occasionally to prevent burning. Add the vinegar and simmer until it is just absorbed. Tilt the pan, keeping the onion-flavored oil to one side (you'll use this to cook the tuna). Lift out the onions with a slotted spoon, set aside and keep warm.

Rinse the tuna and pat dry with paper towels. Season each piece with one-half teaspoon salt. Place the breadcrumbs on a plate, and coat the tuna on all sides. Add a little more oil, if needed, to the pan and place over medium heat. When hot, add the tuna and fry until a deep golden brown crust has formed underneath, about 1 1/2 minutes. Flip the tuna and cook the other side.

Divide the onions evenly among four plates; place tuna on top of each. Top with the tomato sauce. Scatter with parsley; serve with crispy fried or boiled potatoes.

Mexican Tuna Stir Fry

Ingredients:

1 pound tuna (halibut or swordfish works also)
1/3 cup bottled picante sauce
2 tablespoons lime juice
1/4 cup chicken broth
1 1/2 teaspoons cornstarch
1/4 teaspoon chili powder
1 tablespoon vegetable oil
12 cherry tomatoes, halved
1 cup frozen whole kernel corn, thawed
1 (15 oz.) can black beans, rinsed and drained
2 tablespoons cilantro, minced

Directions:

Trim skin from fish; cut into bite-size cubes. Combine fish, picante sauce and lime juice in a nonmetallic bowl. Stir well; cover and refrigerate 30 minutes.

Combine chicken broth, cornstarch and chili powder; set aside. Drain fish. Heat oil in a nonstick wok or skillet; add fish and stir-fry 1 1/2 minutes. Add tomatoes, corn, beans and cilantro. Stir in broth mixture. Cover and cook, stirring occasionally until thickened. Serve over rice with additional picante sauce, if desired.



Grilled Tuna with Fruit Salsa

Ingredients:

1/3 cup pineapple juice
1 Tablespoon vegetable oil
1 Tablespoon reduced-sodium soy sauce
Juice of one lime
4 (6-8 oz.) tuna steaks
1 cup chopped fresh plums
1 cup chopped fresh peaches
1/2 cup chopped fresh pineapple
1/4 cup finely chopped red bell pepper
2 Tablespoons white wine vinegar
2 Tablespoons minced fresh mint

Directions:

Combine first four ingredients. Arrange tuna steaks in shallow glass dish; pour pineapple juice mixture over steaks. Cover and refrigerate for at least one hour. Meanwhile, combine remaining ingredients in a medium bowl; stir gently. Cover and refrigerate until needed. Coat a grill rack with vegetable cooking spray. Remove tuna from marinade and place on grill 4 to 5 inches above medium-hot coals (discard marinade). Grill just until fish begins to flake easily when tested with a fork, allowing about 10 minutes per inch of thickness, turning once during cooking. Serve at once with fruit salsa.

