

## Islamic Notes:

- Islamic art took place in the early 7th century CE
  - The complexity of Islam today was present back then as well
- It spanned all over the world, but primarily from the Middle East to Spain
  - As a result, Islamic art is a synchronistic art style
    - The Islamic aesthetic blends together Byzantine, Greek, Early Christian, Classical, Near Eastern
    - Some ideas of the art are even frowned upon by the Islamic religion
- There are three main themes:
  - 1) Islam has a high, HIGH, regard for the Written Word (Qur'an)
    - Arabic is their language and they were big on *calligraphy*
      - Calligraphy is a work of art, therefore, Islamic words are art
    - Their writing style developed from a very horizontal form called Kufic



*Kufic Script*

## **Art of Note:**

*Page with Kufic Script. 9th C. Gold and Silver on Dyed Vellum.*

- 2) The absence of human figures
  - Offset by their over abundance of flora and vegetation in a geometric style
- 3) The equality of genres
  - Basic things were made artistic pieces, not just the standard paintings and sculptures
  - Many consider Islamic art enlightening and liberating because it is not restricted by the traditional concepts of art

## Religious Architecture:

- New kinds of buildings and styles were developed by the newfound religion
  - Buildings for community prayer were established because prayer was central in Islamic religion

## **Art of Note:**

*The Dome of the Rock. Jerusalem. Began c. 690 CE*

- The earliest major surviving Islamic building
- After the cities of Mecca and Medina, Jerusalem is the third holiest city in Islam
- The Temple Mount in Jerusalem marked the place where God tested Abraham's faith by asking him to sacrifice his first born Ishmael as well as an



## **Tuna and Avocado Verrine**

### Ingredients:

6 ounces fresh tuna (use sushi grade)  
2 teaspoons low-sodium soy sauce  
3 teaspoons olive oil  
1/2 teaspoon lime juice, or to taste  
1 ripe avocado  
Salt and pepper, to taste

### Directions:

Cut the tuna into fine dice. In a bowl, combine the tuna with the soy sauce, 2 teaspoons of the olive oil, and lime juice. Set aside. Taste for seasoning and add more lime juice, if you like.

Pit and peel the avocado. In a small bowl, mash the avocado halves with the remaining 1 teaspoon olive oil, salt, and pepper.

Place a small spoonful of the avocado mixture in each of four shot glasses or other small glasses. Top with a small spoonful of the tuna mixture. Repeat the layers, ending with tuna.

## **Tuna Stew**

### Ingredients:

1 (28-ounce) can diced tomatoes, undrained  
2 cups cubed, peeled potatoes  
1 cup frozen whole kernel corn  
1 cup frozen lima beans  
1 cup frozen sliced carrots  
1/2 cup water  
1/4 cup onion, chopped  
2 teaspoons reduced-sodium Worcestershire sauce  
1/4 teaspoon garlic powder  
3 drops hot sauce  
3/4 pound tuna, cut into 3/4 inch cubes

### Directions:

Combine all ingredients except tuna in a Dutch oven. Bring to a boil; reduce heat, cover and simmer 30 minutes, stirring occasionally. Add tuna; cover and simmer 10 minutes or until fish flakes easily.

## Dijon Tuna Burger

*Whatever you do, do not use a food processor to cut the tuna. You want it to be chopped, not ground!*

### Ingredients:

1½ pounds fresh tuna, finely chopped by hand  
2 tablespoons Dijon mustard  
2 tablespoons finely chopped fresh basil leaves  
2 cloves garlic, minced  
2 teaspoons finely chopped fresh ginger  
½ teaspoon cayenne pepper  
2 tablespoons all-purpose flour  
1 teaspoon kosher salt  
2 tablespoons olive oil  
4 multigrain hamburger buns  
1 lime, quartered  
Red onion rings and greens, for serving

### Directions:

Place the tuna, mustard, basil, garlic, ginger and cayenne in a large mixing bowl and toss gently to combine.

Place the flour and salt on a large plate. Divide the tuna mixture into 4 patties and dredge them in the mixture. Cover and refrigerate for at least 30 minutes and up to 8 hours.

Place a large skillet over medium-high heat and when it's hot, add the oil. Add the patties and cook until rare on the inside and well-browned on the outside, 3 to 4 minutes on each side. Serve immediately, garnished with the lime quarters and red onion rings and greens, if desired.



## Warm Tuna Sandwiches with Ginger-Lemon Sauce

### Ingredients:

2-inch piece ginger root  
1 to 1 1/2 pounds best-quality (sushi-grade) tuna fillet  
1 teaspoon chili paste  
2 tablespoons fish sauce  
1 1/2 to 2 1/2 teaspoons kosher salt  
1 teaspoon black pepper  
3 1/2 teaspoons toasted sesame oil, divided use  
2 large eggs, plus 2 egg yolks  
1/2 cup plain dried bread crumbs  
1/2 large lemon  
1 large clove garlic  
1 tablespoon Dijon-style mustard  
1/2 teaspoon hot pepper sauce, such as Tabasco  
3/4 cup safflower oil  
3/4 cup olive oil  
1/4 cup heavy cream  
4 kaiser or ciabatta rolls

### Directions:

Peel and mince the ginger; place 1 1/2 teaspoons in the bowl of a food processor and reserve 2 tablespoons for the ginger-lemon sauce.

Cut the tuna into large chunks and add to the food processor; pulse 4 or 5 times, just enough to break down the flesh without turning it into a paste. Transfer to a medium mixing bowl. Add the chili paste, fish sauce, 1 to 2 teaspoons of the salt (to taste), black pepper, 2 teaspoons of the toasted sesame oil, 2 whole eggs and the bread crumbs. Use your hands to combine the mixture and form it into 4 equal-size patties about 1 inch thick. Wrap in plastic wrap and place in the freezer for no more than 20 minutes while you make the sauce and preheat the grill.

Prepare the grill for direct heat: If using a gas grill, preheat to high (650 degrees). If using a charcoal grill, light the charcoal or wood briquettes; when the briquettes are ready, distribute them evenly under the cooking area. For a hot fire, you should be able to hold your hand about 6 inches above the coals for about 2 or 3 seconds. Have ready a spray water bottle for taming any flames. Lightly coat the grill rack with oil and place it on the grill.

For the sauce: Clean the bowl of the food processor and add the reserved ginger. Squeeze in the juice of 1/2 lemon (about 2 tablespoons), then add the 2 egg yolks, garlic (coarsely chopped), mustard, hot pepper sauce and the remaining 1 1/2 teaspoons of toasted sesame oil. With the motor running, add the safflower oil and olive oil in small increments through the feed tube until the mixture starts to thicken, then pour in a thin, steady

stream. Add the cream and the remaining 1/2 teaspoon salt, pulsing just to combine; the sauce will have a consistency close to that of mayonnaise. Transfer to a small serving bowl.

When ready to cook, place the tuna patties on the grill for 2 to 3 minutes on the first side, until browned on the bottom, then carefully turn them over and cook for 2 minutes, until golden brown all over; the patties should be rare on the inside. During the last minute of cooking, open the rolls and toast them face down on the outer edges of the grill. Spread 2 tablespoons of the ginger-lemon sauce on each warm roll, then place the tuna burgers on top of the sauce. Serve immediately; pass the remaining sauce at the table.



## Asian Tuna Dogs

### Ingredients:

2 green onions thinly sliced

1 clove garlic minced

1 piece (1/2 inch long) ginger root peeled and minced

Juice of 1/2 lemon

2 Tbs soy sauce

1 Tbs each toasted sesame seeds, sesame oil and olive oil

1 lb ahi minced

4 hot dog buns

2 Tbs prepared wasabi mayonnaise

1/3 C kimchi

2 Tbs pickled ginger

### Directions

Mix the green onions, garlic, ginger, lemon juice, soy sauce, sesame seeds, sesame oil and olive oil in a medium bowl; fold in the tuna just until combined.

Lay out a square piece of plastic wrap; place one-fourth of the tuna mixture along one side of the wrap. Roll up to create a sausage; twist ends of wrap to seal. Repeat with remaining tuna mixture. Refrigerate 30 minutes.

Heat a skillet or grill pan over medium-high heat. Carefully remove plastic wrap from tuna. Cook, turning slowly, until all sides are seared, 1-2 minutes, or to desired doneness. Place the tuna dogs in buns. Garnish with wasabi mayonnaise, kimchi and pickled ginger.

