

Renaissance:

- 15th Century Northern Europe
- Prior to the Middle Ages, trade consisted mainly of bartering and antiquated trade; the economy now focuses on the introduction of manufacturing and trading of such goods
 - Had disposable income
- Printing press invented around this time; also oil paints began to emerge
 - Led to an increased literacy amongst people and a change in religious attitudes
- Church as an institution was seen as a declining force at the time because of the Great Schism and the Pope moving to Avignon
 - Lack of faith in the Pope among the people led to self interpretation of sacred text and the seeking of personal relationships with God rather than strictly following the established doctrine of the Church
- The Renaissance style was a gradual emergence from its Gothic predecessor, so there was a bleeding effect of the
 - Out of this emerged a highly refined Gothic form of art called **International Gothic**
 - Artists working in this style culminated from all around Europe, but predominately Northern Europe
 - They produced works of extreme craftsmanship and iconography
 - Duke Philip the Bold established a monastery called *Chartreuse de Champmol* in which he accumulated much International Gothic Art

ART OF NOTE:

Claus Sluter. *The Well of Moses*, from *Chartreuse de Champmol*. 1395 - 1406. Stone. 6'

- One of the most famous International Gothic pieces
- The sculptures are sculpted almost entirely in the round, and serve to actively engage the viewer
 - Incredibly lifelike
 - At one time, the sculptures were painted in very lively colours
- Moses's sculpture is indicated by his set of horns (horns of light -- a direct interpretation from scripture)
 - On Moses's right is a sculpture of King David



Pepper-Crusted Tuna with Buttermilk Mashed Potatoes

Ingredients:

1 pound red-skinned potatoes, chopped
2 tuna steaks (about 24 ounces)
Salt to taste
4 teaspoons black peppercorns, crushed
3/4 cup dry red wine
1 tablespoon oyster sauce
About 3/4 cup buttermilk
10 chives, snipped
Freshly ground black pepper to taste

Directions:

Place the potatoes in a saucepan, add just enough water to cover and about 1 teaspoon of salt and place over high heat. Cover and cook until the potatoes are tender when pierced with a fork, about 15 minutes.

Meanwhile, heat a skillet over high heat. Season the tuna steaks on both sides with salt to taste. Place the peppercorns on a plate. Press both sides of the tuna steaks into the peppercorns to coat. Add the tuna to the skillet and cook to the desired degree of doneness, about 1 1/2 minutes per side for rare. Transfer the steaks to a cutting board, cover with foil and set aside.

Add the wine and oyster sauce to the skillet, reduce the heat to medium-high and cook, stirring occasionally, until the sauce reduces somewhat and thickens slightly, 2 to 3 minutes. Remove the pan from the heat; cover to keep warm.

Drain the potatoes, return them to the pan and place over medium heat, shaking the pan constantly, just until all of the moisture has evaporated. Remove the pan from the heat. Add 1/2 cup of the buttermilk, the chives and salt and pepper to taste and, using a potato masher or a wooden spoon, mash until the desired consistency is attained, adding additional buttermilk as necessary. Cover the pan; set aside.

Slice the tuna into 1/2-inch-thick portions. Divide the potatoes and tuna evenly among individual plates, drizzle the tuna with the sauce and serve immediately.



Ahi with Edamame Puree

Ingredients:

1/2 small sweet baguette
-- Mild extra virgin olive oil
-- Kosher salt
-- Ground black pepper
8 ounces frozen shelled edamame
1 small clove garlic, chopped, about 1/2 teaspoon
2 tablespoons Meyer lemon juice
1 tablespoon nori komi furikake (see Note)
1/2 teaspoon Japanese shichimi togarashi (see Note)
10 to 12 ounces No. 1 or sushi-grade ahi tuna, about 1-inch x 2-inch rectangular block
1 tablespoon finely chopped green or red onion (optional)
Cilantro leaves (optional garnish)

Directions:

Preheat oven to 350°. Cut baguette into slices about 1/4- to 3/8-inch thick (about 24 pieces). Brush with olive oil, lightly season with salt and pepper, then bake until crisp but not too brown, about 3-5 minutes.

Meanwhile, cook frozen edamame according to package directions. Blend slowly with garlic and lemon juice in a food processor, adding enough oil - about 3 tablespoons - to make a smooth, moderately thick paste. Season to taste with salt and pepper. The puree can be made ahead. Cover and refrigerate.

Mix furikake and shichimi togarashi together.

Season very cold tuna with kosher salt, coat with the spice-nori blend. Heat a nonstick skillet over medium-high to high heat and lightly coat with olive oil. When the pan is hot, add the tuna and sear, turning until brown on all sides. Set aside to cool; the tuna can be seared ahead. Refrigerating helps firm the tuna so it is easier to slice.

To assemble: Coat each crostini with a generous layer of edamame puree; season to taste with salt and pepper. Sprinkle with a little chopped green or red onion, if using, then top with a thin slice of the tuna. Garnish with a drizzle of extra virgin olive oil and a cilantro leaf or additional sprinkle of spice mixture if desired. Alternatively, divide the ingredients among 4 to 6 plates and accompany with a simple salad for a first course. Extra puree can be made into a dip by mixing with a little nonfat yogurt or sour cream.

Note: Shichimi togarashi is a Japanese seven-spice mix based on coarsely ground red chile pepper plus six other ingredients, and can include orange peel, white and/or black sesame seed, poppy seed, ginger, seaweed (nori) and sansho. Any dry Japanese condiment sprinkled atop rice is called furikake, which is usually a mixture of ingredients like nori, dried fish, shiso, sesame seed, salt or sugar.

Ahi Tuna Fajitas

Ingredients:

1/4 cup tablespoon extra virgin olive oil
2 cloves of garlic sliced paper thin (or minced if you prefer)
1 teaspoon red pepper flakes (or to your taste)
1 tablespoon chili spice
1 fresh lime, rind grated fine, juice reserved for salsa
4 tuna steaks, about 6 ounces each, trimmed, thickness based on your desired degree of doneness
1 papaya, peeled, seeded and diced
2 tablespoons fresh lime juice
2 tablespoons red pepper-infused Olive Oil
Chipotle Tabasco to taste
1/2 cup chopped cilantro leaves
1/2 cup red bell pepper, stem removed, seeded and cut into large julienne
1/2 cup yellow bell pepper, stem removed, seeded and cut into large julienne
Sea salt
4 low-carb flour tortillas, warmed on the grill or oven
2 cups shredded hearts of romaine lettuce

Directions:

In an acid-resistant baking dish, combine olive oil, garlic, red pepper flakes, chili spice and lime rind.

Dredge tuna steaks through the marinade on both sides, cover with plastic and refrigerate. To make salsa, in a small bowl, combine the papaya, lime juice and olive oil. Adjust seasoning with salt and Tabasco to taste.

Add the chopped cilantro and reserve.

The cooking begins: Preheat grill with one of those handy perforated vegetable grates to make cooking the onions and peppers easier. When very hot, add the peppers, cooking until well seared, golden on the edges but still with a bite. Transfer to appropriate serving dishes.

Remove tuna steaks from marinade, draining well. Place tuna steaks on grill and sear well for about 5 minutes. Turn over to finish cooking to your desired doneness, about 3 minutes depending on thickness of your tuna.

Remove from grill and slice the tuna steaks into long strips for your fajitas.

To serve: Arrange platters of the warmed tortillas, grilled tuna, peppers, lettuce and salsa.



Blackened Tuna Salad

Ingredients:

4 lean center-cut tuna steaks, about 4 to 6 ounces each, trimmed of all skin & dark fatty tissue, then cut into 1 1/2 -inch square by about 3- to 4-inch long rectangular chunks
2 small zucchini, cut into julienne strips
2 small yellow summer squash, cut into julienne strips
1 red bell pepper, cut into fine julienne strips
1/4 cup red onion, cut into fine julienne strips
3 tablespoons fresh lime juice
1/4 cup seasoned basil-flavored olive oil
Sea salt
1/4 cup sweet basil, cut into very fine julienne strips
2 tablespoons snipped fresh chives
2 cups mache or watercress salad
2 tablespoons olive oil
Blackened Spice Mix

Directions:

Deep chill the tuna in the freezer for about 30 to 60 minutes prior to cooking; do not freeze! Making the salad : In a medium bowl, combine zucchini, summer squash, red pepper and onion. In small bowl, whisk together the lime juice and basil-flavored olive oil. Pour over salad and mix well. Season generously with salt. Mix in the basil and chives. Reserve under refrigeration to marinate.

Cooking the fish: Place a large, heavy, cast-iron skillet or griddle on your outdoor grill side burner over high heat and allow to warm until white hot, at least 15 minutes.

Remember to use heavy insulated cooking gloves, long tongs or a long-handled spatula. Pour the regular olive oil into a shallow medium-size pan or plate. Pour spice mixture into another shallow pan or plate. Remove fish from freezer. Dredge each tuna steak through the olive oil on all sides to evenly coat, holding it above the oil for a few seconds to allow excess oil to drop back into pan. The oil coating should be very thin.

Lay tuna onto the spices and apply light pressure to adhere spices to the fish. Turn over to completely enrobe all sides of steak with the spices. Lay spice-coated tuna onto cookie sheet while repeating coating process with remaining steaks. Carefully lay tuna steaks into the hot skillet without overlapping or crowding. Cook fish until spice mixture browns, about 60 to 90 seconds a side. Turn over to continue blackening all sides, cooking to your desired degree of doneness, about 4 minutes total for rare to medium rare depending on size of fish.

To serve: Transfer tuna to cutting board. With a sharp thin knife, cut tuna into thin 1/4 - inch thick slices. Add the mache or watercress to the salad and toss to combine. Divide and mound the salad in the center of each serving plate. Artistically fan and lay tuna atop the salad. Drizzle remaining salad dressing over the tuna and serve.

Blackened Tuna with Asparagus and Wild Mushroom Salsa

Ingredients:

4 tablespoons Carotino oil, divided
1/2 sweet onion, peeled and sliced into julienne
1 clove garlic, minced
1 tablespoon fresh ginger root, minced
Pinch crushed dried chile flakes (optional)
Sea salt
Freshly ground black pepper
1/4 cup rice wine vinegar
1 tablespoon Splenda (optional)
1/2 pound wild mushrooms, sliced
1/2 pound thin asparagus spears, lower third removed and discarded, tips separated, stems cut into julienne
2 tablespoons scallion greens, cut into julienne on bias
1 tablespoon sesame seeds
4 Yellowfin tuna fillet rectangular chunks, about 4 to 5 ounces each trimmed
1 tablespoon Szechuan blackening spice

Directions:

In a large nonstick skillet, heat 1 tablespoon of the oil over medium heat. Add onion, cooking until just softened, about 2 minutes. Add garlic, ginger and the optional chile peppers, cooking until tender, about 2 minutes. Season with salt and pepper to taste. Remove from heat and transfer to bowl. Add the rice wine vinegar and optional Splenda.

Return pan to the heat and add 1 tablespoon oil. Add mushrooms, cooking until seared and tender, about 4 minutes. Season to taste. Transfer to the bowl with the onions.

In small sauce pan, bring water to a boil. Season with salt. Add the asparagus, cooking while occasionally stirring until tender yet still crunchy, about 2 to 3 minutes depending on size. Drain in colander. Transfer to the bowl with other vegetables. Finish the salsa by adding the scallions, sesame seeds, 1 tablespoon oil and adjust the seasonings.

To serve: Season all sides of the tuna chunks with the Szechuan spice. Heat heavy skillet over medium-high heat. Place remaining oil and tuna into skillet, searing until blackened, about 2 minutes. Turn tuna to sear the next side, about 1 minute. Repeat with remaining surfaces about 2 minutes to your desired degree of doneness. Transfer to cutting board. With very sharp knife, cut the tuna across the grain into thin slices. Fan the slices across center of four warm serving plates. Artistically mound the salsa atop the tuna. Serve immediately.



Coriander-Scented Tuna with Young Ginger

Ingredients:

1 young ginger root
2 tablespoons canola oil
4 cloves of finely sliced garlic
Crushed red pepper flakes (optional to your taste)
2 sweet red peppers, cored, seeded and cut into julienne
1 cup rice wine (substitute dry white wine)
2 tablespoons rice wine vinegar
1/4 cup scallion greens, cut thinly on the bias
1 tablespoon low sodium soy sauce
4 tuna steaks, trimmed of dark fatty tissue, about 6 to 7 ounces each and as thick as possible if you prefer more rare or medium-rare
Coarse sea salt
1 tablespoon freshly ground coriander seed
1 tablespoons of black sesame seeds, toasted in the oven to crisp.

Directions:

Preheat the grill. Prepare the ginger by first peeling. Then with a sharp knife or mandolin, slice the ginger very thin the length of the root. Stack the slices atop each other, then cut on an angle to make a julienne about 2 to 3 inches long. Longer or shorter is difficult to eat.

In a large, nonstick skillet, heat the canola oil over medium high. Add the garlic and cook just until it starts to release its perfume, do not brown. Add the ginger and cook for about 2 or 3 minutes to soften, adding the crushed red pepper flakes as you desire. Add the sweet red pepper and continue cooking until it begins to soften, about 5 minutes. Add 1 cup rice wine with the rice wine vinegar and cook until reduced to just coat the vegetables, about 4 minutes.

Add half of the scallions, tossing just to combine. Add the soy and remove from heat. Season the tuna with salt and coriander. Rub with a few drops of canola oil. Place the tuna on the grill and cook until well seared, about 4 minutes. Turn over and cook to your desired temperature, about 2 minutes for medium rare depending on thickness and size of your tuna.

To serve: Spoon the hot vegetable mix onto the center of four warm serving plates. Position the tuna in the center of the vegetables. Spoon the juices from the vegetable pan over the tuna. Sprinkle the remaining scallions and sesame seeds over the dish. Serve immediately.

Crimped Tuna Steaks with Nicoise Salsa

Ingredients:

6 cups cold water
2 lemons cut into wedges
1 medium onion, cut into 1-inch dice
Bunch parsley stems
2 bay leaves
Fresh thyme leaf stems
Crushed red pepper flakes to taste
Sea salt
4 Ahi tuna steaks, about 1-1/2 to 2 inches thick, about 6 to 8 ounces in weight, skinless & dark, fatty tissues trimmed
Nicoise Salsa (recipe below)
1 teaspoon fresh thyme leaf

Directions:

Start with a deep, acid-resistant skillet that will comfortably hold the filets allowing just a little room in between them. Add the water, lemon wedges, onion, parsley, bay leaves, thyme stems and crushed red pepper, bringing to a simmer over high heat. Reduce the heat to a slow simmer for about 30 minutes to release the flavors.

Season generously with salt. Add the tuna steaks while the broth is simmering, allowing the broth to return to a simmer if it slows. Turn off the heat, cover and cook the fish until done, about 8 to 10 minutes. Test with a skewer or small instant thermometer to about 130 degrees for medium-rare to medium degree of doneness.

With slotted spoon or spatula, gently remove the fish from the broth, using a pastry brush dipped in the liquid to wash the filet as necessary of any aromatics and spices. Transfer to a paper towel-lined plate to draw up the last moisture.

If serving chilled, transfer to a cake rack, cover with plastic wrap and refrigerate. You can place them in the freezer if you are serving immediately. Brush occasionally with the cool Court Bouillon broth to keep them moist.

To serve: Position the warm or chilled tuna steaks in the center of 4 serving plates. Spoon a mound of the Nicoise Salsa atop the tuna. Sprinkle the thyme leaf over the tuna and the plate, and serve.

Nicoise Salsa

2 garlic cloves, sliced paper thin
2 tablespoons extra virgin olive oil
red pepper flakes to your taste
1 teaspoon fresh thyme leaf

2 tablespoons fresh basil leaf, cut into fine chiffonade or julienne (1/8 inch thick)
2 tablespoons Non Pariel Capers
1 tablespoon lemon juice
1 medium ripe red tomato, seeded and diced
1 medium ripe yellow tomato, seeded and diced
1/4 cup diced Nicoise Olives, pitted
Sea Salt
Freshly ground black pepper

In a small nonstick skillet, heat the garlic and olive oil over medium heat until the garlic becomes very tender, about 8 minutes. Remove from the heat and transfer to a small bowl. Immediately add the red pepper flakes, thyme, basil and capers, allowing to cool. Stir in the lemon juice, tomatoes and olives. Season as necessary with salt and black pepper. Serve immediately or reserve under refrigeration.



Fresh Tuna Tacos

Serve these tacos with salsa, shredded lettuce, sliced avocado and black olives.

Ingredients:

- 1/3 cup sour cream
- 1/4 cup chopped red onion
- 3 tablespoons chopped cilantro
- 1 teaspoon minced canned chipotle chilies (See Note)
- 1 8-ounce ahi tuna steak, cut into 3/4-inch pieces
- 1 tablespoon taco seasoning mix
- 1 tablespoon vegetable oil
- 4 taco shells

Directions:

Mix first 4 ingredients in small bowl. Place tuna in medium bowl; sprinkle with taco seasoning. Heat oil in heavy medium skillet over medium-high heat. Add tuna; saute to desired doneness, about 3 minutes for medium.

Reduce heat to medium-low. Stir in sour cream mixture. Cook just until heated through, stirring frequently, about 2 minutes (do not boil).

Heat taco shells in microwave 20 seconds. Fill taco shells with tuna mixture.

* Note: Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.



Poisson Cru, or E'ia Ota (Tahitian lime-marinated tuna)

Ingredients:

1 1/2 lbs ahi cut into 1/2" cubes
1/2 C lime juice
1/4 C coconut milk
1/2 cucumber peeled, seeded, cut into 1/2" cubes
1 tomato diced
3-4 scallions chopped
Pinch kosher or sea salt

Directions:

Mix all ingredients together well. Let marinate 10-20 minutes. Adjust seasoning. Drain excess liquid. Garnish with some freshly chopped scallions and serve.



Hawaiian-Style Ahi Poke

Ingredients:

2 lbs. fresh ahi tuna fillets, cut into 1/2-in. cubes
1/4 cup minced onion
1/4 cup minced green onion
1/2 fresh lime, juiced
1 clove garlic, crushed and minced
2 tsp. fresh ginger, minced
2 tbs. lightly crumbled wakame seaweed (available at Asian markets)
1 tbs. ground roasted macadamia nuts
2 tsp. sesame oil
1 1/2 tsp. crushed red pepper flakes
8 outer leaves of Boston lettuce
2 tbs. fresh cilantro leaves as garnish

Directions:

Mix together the cubed ahi, minced onion, garlic, green onion, ginger, seaweed, macadamia nuts, sesame oil, lime juice and red pepper in a mixing bowl. Cover and refrigerate at least one hour, for the flavors to come together. Arrange the lettuce leaves on a serving platter, spoon the ahi poke on top, and garnish with the cilantro.



Albacore Enchiladas

Ingredients:

1 cup cooked and flaked albacore
6 flour tortillas
1 small can of sliced olives
½ can milk
1 chopped onion
1 can Cream of Mushroom soup

Directions:

Blend the can of soup with milk. Place some albacore on each tortilla with a tablespoon of soup, some cheese, and a few olives and onions. Roll up tortilla and place in a lightly greased baking dish. Do all 6 tortillas, then pour remaining soup on top. Sprinkle with remaining cheese, olives, and onion. Bake at 350 for 30 minutes. Serves 4 to 6



Smoked Tuna Flautas

Ingredients:

12 jalapeño chiles
1½ pounds smoked tuna
3 medium sized shallots
6 cloves garlic, minced
12 leaves fresh basil
¾ cup chopped Italian parsley
1 bunch cilantro, stems removed and finely chopped
Celery salt and freshly ground black pepper to taste
1 tbsp olive oil
Salad garnish
2 cups corn or canola oil
20 corn tortillas or 16 flour tortillas
Toothpicks

Directions:

To make the filling use one larger piece of smoked tuna as the small pieces tend to be dry. Instead of cutting the meat, tear the fiber apart in small pieces with two forks. Place in a bowl.

If you have a gas stove, lay the jalapeños over the open flame and char skins well, turning with tongs frequently until they're uniformly blackened and stop snapping. The more charred they are, the easier it is to remove the skins. If you have an electric stove, place chiles in a large skillet on high heat. Turn frequently as above. Remove chiles to plastic bag, close it and let stand for 10 minutes. Remove from bag, place in ice-cold water and remove the stems, skins, veins and seeds.

Chop the shallots and put them for one minute in hot water. Rinse them with cold water and put it in the bowl, together with the chopped garlic. Add basil, parsley and cilantro. Season with celery salt and olive oil. Mix well.

To make the flautas - For the presentation, prepare either a big plate to be put in the center of the table or prepare individual plates with some salad garnishment leaving sufficient space (half the plate) for the flautas. Heat the oil in a large skillet. Warm up the tortillas on stove or in microwave for about half a minute, so they are flexible to roll. Put the filling in a line of 1½ inch on the tortilla and roll it. Fix with a tooth stick. Put all the rolls on a plate. Prepare some paper towels in a basket to soak up excess oil after frying. Fry four tortillas at the same time until they become golden on all sides. Do not overdo frying. The tortilla has to be crispy, but still a little flexible. Put the fried ones in vertical position in a basket to let the oil drip. Keep them warm until the last one is fried. Cut each fried tortilla roll into even sized pieces (2 pieces for corn tortillas, 3 for flour) and put them on prepared plate(s).

Fish Enchiladas

You can stuff just about any type of fish inside an enchilada. A firm fish like marlin, shark or swordfish is best, but flaky fish work well also. Serve with shredded lettuce, rice and beans.

Ingredients:

2 tablespoons vegetable or peanut oil
8 corn tortillas
2 cups cooked fish, broken into large chunks
1 cup sour cream
1 1/2 cups fresh salsa (green chile salsa for this recipe is best)
1/2 onion, minced
salt and pepper
2/3 cup grated jack cheese
1 avocado; peeled, seeded and diced
1/4 cup black olives, chopped
1/4 cup fresh cilantro leaves, chopped

Directions:

Heat oil in a medium skillet over medium heat. Heat tortillas in oil, a few seconds each side, and then transfer tortillas to a plate lined with paper towels to drain. Gently toss the cooked fish with half of the sour cream, 1/2 cup of the salsa and the minced onion. Season with salt and pepper. Place equal portions of the fish mixture in the middle of each tortilla and roll tortillas up around the filling. Place stuffed tortillas, seam side down, in a lightly greased casserole dish. Keep the tortillas close to each other in the dish so that they remain sealed during baking. Mix cheese with remaining salsa and spread over enchiladas. Bake in a preheated 375 degree oven for 20 – 25 minutes. Remove from oven and top with remaining sour cream, avocado, black olives and cilantro before serving.



Tuna Steak Adobado

Ingredients:

2 tuna steaks
3 ancho chilies
3 minced garlic cloves
1/2 tsp oregano
dash black pepper
1/4 tsp cumin
1/8 tsp ground cloves
4 Tbsp red wine
1 Tbsp sugar
1 Tbsp olive oil

Directions:

Toast ancho chilies and then seed them. Break into pieces and rehydrate them in 1 cup water in microwave at high heat for 2 minutes. Let sit for 5 minutes. Save cup of soaking liquid and place it in processor with chilies, and all other ingredients except tuna and oil. Pulse to mix, then strain. Heat oil in small skillet and sauté Chile adobado until it thickens. Slather on tuna steaks and marinate 1-3 hours in refrigerator. Grill on BBQ or under broiler.



Tuna Vera Cruz

Ingredients:

3 Tbs tequila, rum or vodka
2 Tbs lime juice
2 tsp grated lime peel
1 piece (1-inch cube) fresh ginger, minced
2 cloves garlic, minced
1 tsp salt
1 tsp sugar
1/2 tsp ground cumin
1/4 tsp ground cinnamon
1/4 tsp black pepper
1 Tbs vegetable oil
1-1/2 pounds fresh tuna steaks
Lemon and lime wedges
Fresh rosemary sprigs

Directions:

Combine tequila, lime juice, lime peel, ginger, garlic, salt, sugar, cumin, cinnamon and pepper in 2-quart glass dish; stir in oil. Add tuna; turn to coat. Cover and refrigerate at least 30 minutes. Remove tuna from marinade; discard marinade. Grill tuna over medium-hot briquets about 4 minutes per side until fish flakes easily when tested with fork. Garnish with lemon wedges, lime wedges and rosemary sprigs.



Seafood Marinara

Ingredients:

2-3# tuna sliced into 1" cubes
2 large onions
1-2# of 31-40 count shrimp
2 cans whole peeled stewed tomatoes
6-8 cloves of garlic
1 red bell pepper
3 pieces of celery
2 jars favorite spaghetti sauce

Directions:

Heat 4-5 Tbs of olive oil in large pot. Finely chop garlic and add half to olive oil. Next dice bell peppers, onions and celery and add to oil. Saute until soft. Add peeled shrimp and stewed tomatoes. Once shrimp turn pink add, spaghetti sauce and remaining garlic. Bring to a boil and then add tuna. Reduce heat and let simmer about 20 minutes. Serve with noodles or without. Serves an army!

Tuna Tahiti Style

This is a raw fish dish that is surprisingly good. Serve it during summer on a cold buffet.

Ingredients:

2 Lbs. Fresh Tuna
1 small tomato, chopped
Lime juice
1 green pepper, chopped
1 tsp. Salt
1 cucumber, chopped
1 small onion, chopped
1 hard cooked egg, chopped
1 C. Coconut milk

Directions:

Cut the raw fish into paper thin slices. Cover with lime juice. Add the salt and let the mixture stand for at least two hours in the refrigerator, stirring occasionally. Add the onion, coconut milk and one half of the remaining ingredients. Mix lightly and chill. Transfer the mixture into a serving dish and garnish the top with the remaining ingredients. Serve very cold.



Hawaiian Style Grilled Tuna

Ingredients:

Marinade:

1/2 cup soy sauce
3 tablespoons honey
1 tablespoon minced fresh ginger
2 teaspoons minced garlic
Freshly ground black pepper to taste.
Two 1-inch thick tuna steaks

Sauce:

2 tablespoons rice wine vinegar
2 tablespoons soy sauce
2 tablespoons lemon juice
1/2 teaspoon grated lemon peel
1 tablespoon minced fresh ginger
1 teaspoon minced garlic
2 tablespoons minced scallion
1/4 teaspoon red pepper flakes
1/4 cup olive oil
1/2 pack wonton wrappers
Vegetable oil for deep frying
1/4 cup sea weed
1/2 cup bite size radicchio leaves
1/2 cup sliced endive
1/2 cup baby spinach leaves
2 tablespoons julienned yellow pepper
2 tablespoons julienned red pepper

Garnish:

Radish sprouts
Pickled ginger
Golden caviar
Light and light sesame seeds

Directions:

In a bowl mix together the first 5 ingredients. Pour the mixture over the tuna, coating the tuna on all sides. Marinate for 15 minutes. Transfer the marinated tuna to a heated grill and grill for 1-2 minutes on each side. In a bowl whisk together all the ingredients for the sauce. Heat the frying oil to 350 degrees. Cut the wonton wrappers into julienne strips and deep fry them until golden. Drain them on paper towels. In a bowl toss together the sea weed, radicchio leaves, sliced endive, baby spinach leaves, julienned yellow pepper, and julienned red pepper. Arrange seaweed and greens in the center of 2 serving plates and top them with the fried wonton strips. Drizzle with some of the sauce, top with the tuna, drizzle more sauce. Garnish with a small cluster of radish sprouts, pickled ginger, tobiko, light sesame seeds, dark sesame seeds, and golden caviar.



Tuna Mexican Style

Ingredients:

Marinade:

1/4 cup olive oil

1/4 cup lime juice

1 clove garlic, minced

1 tbs. fresh cilantro (Mexican parsley) chopped

4 - 8 oz. tuna steaks

salsa ready-made warmed

Directions:

Combine marinade ingredients, pour over tuna in non-metallic dish and marinate 1/2 hour to 1 hour. Broil or grill 4 inches from heat 10 minutes per inch of thickness, turning once, basting often with marinade. Tuna is done when still slightly translucent in center. Spoon warmed salsa over top of each steak.



Albacore Fish and Chips

Ingredients:

2 lbs potatoes, peeled and cut crosswise into 3/4-inch thick chips

4 albacore fillets (about 6 ounces each), cut in half lengthwise

Emeril's Essence to taste

1 1/2 cups bleached all-purpose flour, sifted

1 tablespoon sugar

1/4 cup dark beer

2 large egg yolks, beaten

6 tablespoons milk

6 tablespoons water

salt and freshly ground black pepper to taste

2 large eggs whites, beaten to stiff peaks

vegetable oil for deep frying

malt vinegar

6 tablespoons fresh lemon juice

Directions:

Soak the potatoes in cold water to cover for 30 minutes before frying. Season the fish on both sides with Essence. In a mixing bowl, combine the flour and sugar. Add the beer, egg yolks, milk and water and whisk until smooth. Season with salt and pepper. Cover and let rest for 30 minutes. Fold in the egg whites. Heat 6 inches of oil in a deep, heavy pot or an electric fryer to 360 degrees F. Dip the fillets in the batter, letting the excess drip off. Add the fish, several pieces at a time, and fry until golden brown, 4 to 6 minutes. Drain on paper towels. Season with Essence and keep warm. Drain the potatoes and pat dry. Place them in a fry basket and fry in the hot oil for 3 minutes. Lift the basket out of the oil and drain over the fryer. Return the basket to the oil and fry until golden brown, another 3 to 5 minutes. Drain on paper towels. Season with salt and pepper. Serve the fish and chips on newspaper and drizzle with the vinegar and fresh lemon juice. Pass the tartar sauce.

Ahi Tuna-Eggplant "Tarts"

Ingredients:

3/4 lb center-cut Ahi tuna, cut into a rectangular block
1 lrg eggplant
Olive oil
Kosher salt, to taste
Freshly-ground black pepper, to taste
3/4 cup finely-minced red onions
2 lrg plum tomatoes, seeded and diced
1 Tbs minced fresh basil
1 Tbs minced fresh parsley
1 ½ Tbs drained and chopped capers
1 sm roasted red bell pepper, skinned, seeded, and coarsely chopped
1 tsp fresh lemon juice
Reduced balsamic vinegar
Basil oil
Frizzled onions

Directions:

In a saute pan or on a stovetop grill, sear the tuna quickly over very high heat only until lightly browned. Chill the seared tuna for at least 30 minutes. Remove from the refrigerator and slice thinly. Preheat the oven to 400 degrees. Slice the eggplant into 1/2-inch thick rounds. Brush the slices lightly with olive oil and season both sides with salt and pepper. Place on a baking sheet in a single layer and bake for 6 to 8 minutes or until lightly browned and cooked through. The slices should still hold their shape. While the eggplant is baking, saute the onions in 1 tablespoon of olive oil until they just begin to soften. Season lightly with salt and pepper and set aside. Select 4 of the largest rounds of the eggplant to form the base of the tarts and set aside. Coarsely chop the remaining eggplant and add to the onion mixture along with the tomatoes, basil, parsley, capers and roasted pepper. Mix thoroughly. Season lightly with salt and pepper. To assemble the tarts, on each plate place one of the reserved eggplant rounds, then one quarter of the chopped eggplant, then one quarter of the tuna slices on top. Drizzle the lemon juice. Add salt and pepper to taste. Garnish the plate with the reduced balsamic vinegar and the basil oil, if desired and place a nest of frizzled onions on top.



ART OF NOTE:

Titian. *Madonna with Members of the Pesaro Family*. 1526. Oil on Canvas. 16'x9".



* Dart didn't give us any information on this piece, so add any notes you want:

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