

Grilled Albacore with Coriander -mint sour cream & roasted radicchio

a *barton seaver*
recipe brought to you by:

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Inspiration, Information, Action

ingredients:

- ___ 4 pieces Albacore Tuna –
5 ounces each
- ___ 2 oranges
- ___ 3 heads of Radicchio, cut into
thirds with the core removed
- ___ 1 cup sour cream
- ___ 1 lemon, juiced
- ___ 1 t kosher salt
- ___ 1 t ground coriander
- ___ 1 small clove garlic, grated
- ___ 2 T chopped mint leaves

Purchasing factors within this dish:



U.S. pole- and troll- caught Albacore Tuna have high reproductive rates and pole- and troll- caught fishing causes no habitat damage and results in a relatively small amount of bycatch.



Imported pole- and troll- caught Albacore Tuna While pole- and troll- caught Albacore Tuna have little bycatch, international management for these fish are not strong enough to stabilize population levels



Longline-caught Albacore Tuna Longlines fisheries for Albacore Tuna catch high numbers of seabirds, sea turtles, sharks, and other fish. [These fish contain levels of mercury or PCBs that may pose a health risk to adults and children. Refer to <http://www.edf.org/seafood> for more details.]

Be sure to ask your fishmonger where the fish came from and how it was caught to determine if it's the ocean-friendly seafood you're looking for.

directions:

For the Sauce, place the grated garlic in a mixing bowl with the lemon juice. Allow to sit for a few minutes to soften the flavor of the garlic. Add in the ground coriander, mint leaves, teaspoon of salt, olive oil, and sour cream. Mix well with a whisk until the sauce is combined and the olive oil is fully incorporated into the cream.

For the Oranges, slice off the top and bottom and place on a cutting board with a cut side down. Begin to cut off the peel by following the contours of the fruit. Do not leave any traces of the white pith, if need be by going back to shave off any remaining. Continue until the orange is completely peeled. Then holding the fruit over a bowl, slice between the membranes to release the individual segments. Continue until all have been cut out. Reserve until serving.

For the Tuna, generously season the pieces with salt and fresh cracked pepper. Prepare a charcoal grill. Once the fire has burned down to red embers, push all of the coals to one side of the grill. **Sear the tuna directly over the coals for 30-45 seconds per side.** Remove the tuna to the part of the grill farthest away from the coals. Place the cut radicchio over the coals and spread out so as to be in a single layer. **Cover the grill and let sit for 4 minutes.** Remove the cover and move the radicchio to a large plate. Season lightly with salt and drizzle a small amount of good quality olive oil over the leaves. Scatter about the orange segments and mix gently. Spoon the sauce onto the plate so that it is separate from the leaves. The tuna should be cooked to about medium doneness and have a pinkish center. Slice the tuna thinly and arrange the slices around the radicchio. Serve immediately.

This makes for an easy outdoor meal as most of the preparation is done ahead of time. The sauce is best when made a few hours ahead so that the flavors have time to get friendly with each other.

Substitutes for the Albacore would be wahoo, spanish mackerel, or mahi-mahi. However, the albacore and wahoo should be served about medium doneness while the other substitute options should be served fully cooked.

serves four.