

Pole Caught Tuna with -cauliflower risotto


a *barton seaver*
recipe brought to you by:


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ingredients:

- ___ 4 steaks of pole caught tuna, 4oz. ea
- ___ 2 cups of Arborio rice
- ___ 1/4 cup onion, finely diced
- ___ 2 cups of white wine
- ___ 1/2 lb of cauliflower cut into small pieces
- ___ 1 small jar of black olive paste
- ___ 2 T of canola oil
- ___ 1/2 cup of extra-virgin olive oil

Purchasing factors within this dish:

 **Yellowfin, Skipjack and U.S. Albacore Tuna, pole- and troll-caught** Albacore, Skipjack and Yellowfin Tunas have high reproductive rates. Pole- and troll- fishing cause no habitat damage and result in a relatively small amount of bycatch. (U.S. Albacore Tuna are more abundant and better managed than imported pole- and troll- caught Albacore.)

 **Bigeye Tuna and Imported Albacore Tuna, poll-and-troll caught** Bigeye Tuna and Albacore Tuna at a medium to high level of abundance in most regions. Bycatch in these fisheries is low and does not include endangered species, like longline fisheries. [Bigeye Tuna 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 tuna:

Pre-season generously with salt a half hour before cooking.

For the cauliflower puree:

Blanch cauliflower in heavy salted water until fully cooked. Strain from water **reserving liquid** and place cauliflower in a blender. Use just enough blanching water to spin the cauliflower into a puree. Reserve.

For the risotto:

Sautee shallots in 2 tbsp. extra virgin olive oil over medium heat. When translucent, add rice and stir to toast rice for **2 minutes**, over medium high heat. Add in white wine and cook **until all aroma of alcohol is gone**. Add 2 cups water and stir. **When all water is absorbed, add another 2 cups of water and repeat process**. When water is absorbed, add cauliflower puree and cook over low heat until incorporated into a thick, creamy consistency.

For the Black Olive Oil:

Take 3 tbsp olive paste and vigorously whisk in 3/4 cup olive oil by hand.

To cook fish:

Brush the tuna with olive oil and season generously with salt at least **twenty minutes** before cooking and up to an hour before. Using a very hot grill, place the tuna steaks over the hottest part and **cook for about one minute per side** or until desired doneness is reached. If using thinner pieces cook for only a few seconds per side.

To serve:

Spoon risotto into center of low-sided bowl. Slice tuna in half on a bias and place on top of risotto with the doneness showing. Drizzle black oil around the circumference of the risotto. Garnish with chopped parsley or tarragon.

serves four.