



Albacore tuna niçoise salad

90 min

CA

OR

WA

4

Ingredients

For the Albacore tuna confit

1 lb albacore tuna (Four 4-oz servings)

7 cloves garlic, sliced

1/2 lemon zested and juiced

2 tsp parsley, minced

2 tsp rosemary salt (Vignalta)

2 tsp coriander, ground

1/2 tsp black pepper, ground

1 sprig rosemary

2 sprigs thyme
1 1/2 cups extra virgin olive oil

For the Niçoise salad

4 cups washed, dried and torn tender greens such as baby lettuce mix
2 carrots, julienne
3-4 radish, julienne
1 stalk celery, thinly sliced
4-8 wedges fresh tomato, lightly salted
4 wedges lemon
4 pieces confit of tuna

Choose one or two of the following, to total 1 cup together:

2 Tbsp bias-cut snap peas
2 Tbsp English peas
2 Tbsp bias cut raw asparagus tips
1 hard cooked egg, diced
2 Tbsp sliced green or black olives

For the dressing

1/2 cup olive oil
2 Tbsp white balsamic vinegar
1/2 tsp real maple syrup
Salt, pepper, ground coriander

Preparation

Albacore tuna confit

Combine all ingredients except olive oil. Marinate in refrigerator for at least 1 hour.

Place fish in pan wide enough and deep enough to cover tuna completely with olive oil; cover loosely with a parchment paper lid.

Place into 300°F oven for about 25-30 minutes or until tuna is tender.

Cool in the refrigerator in oil and reserve for service. Tuna can be served hot or cold.

To prepare the salad

Have the tuna confit prepared and refrigerated.

Prepare greens and set aside.

Prepare all vegetables that require cutting and place them in a bowl.

Whisk dressing ingredients and dress salad.

Add greens and toss all together.

Serve

Plate up onto 4 plates. Decorate the tops with egg and olives

Recipe by Bob Neroni, [EVOO](#)

Species Group

Albacore Tuna