

Zesty Treatment of Fresh Tuna Combines the Old and the New

BY PIERRE FRANÉY

While preparing a recent dinner to be shared with friends, I realized that once again I was playing with flavors and combinations of flavors I might not have considered 10 or so years ago. The meal consisted of broiled tuna marinated in freshly grated ginger, lemon and oil and was served with a traditional Provencale sauce with its blend of tomato, red wine vinegar, garlic, basil and more.

Not long ago, I would have viewed ginger-flavored fish and a Provencale sauce as an unholy alliance. Not long ago, fresh tuna was a rarity, here and in France. When people thought of tuna, it was generally canned tuna fish that they planned to turn into a salad made with mayonnaise or, more sophisticated, a *salade Nicoise* with anchovies, olives and so on.

I suppose it was the dark color of fresh tuna that deterred many would-be aficionados.

BROILED TUNA WITH GINGER

INGREDIENTS:

- ☐ 4 tuna (or salmon) steaks, each about 1 inch thick
- ☐ Salt to taste
- ☐ Freshly-ground pepper to taste
- ☐ 1 tablespoon freshly-grated ginger
- ☐ 1 tablespoon lemon juice
- ☐ 1 tablespoon olive oil
- ☐ Provencale Sauce (see recipe)

INSTRUCTIONS: Preheat broiler to high or preheat an outdoor grill.

Put tuna on a plate and sprinkle both sides with salt and pepper. Rub ginger on both sides and sprinkle evenly with lemon juice

and oil. Cover closely with foil and let stand until ready to cook.

If broiling, arrange steaks on a rack and place under broiler about 6 inches from source of heat. Broil 5 minutes with door partly open. Turn steaks. Continue broiling, leaving door open, about 5 minutes.

If grilling, put steaks on hot grill and cover grill. Let cook 5 minutes. Turn fish, cover grill and continue cooking about 5 minutes. Serve with Provencale Sauce on the side. Serves 4.

PROVENCALE SAUCE

INGREDIENTS:

- ☐ 1 red, ripe tomato, about ½ pound
- ☐ 2 tablespoons red-wine vinegar
- ☐ ¼ cup olive oil
- ☐ ¼ cup finely-chopped shallots
- ☐ 1 teaspoon finely-minced garlic
- ☐ ¼ cup finely-chopped fresh basil (parsley may be used)
- ☐ ½ teaspoon grated fresh lemon rind
- ☐ Salt to taste
- ☐ Freshly-ground pepper to taste

INSTRUCTIONS: Put tomato in boiling water for about 9 seconds. Drain and pull away skin; cut away and discard core. Cut tomato crosswise in half. Remove and discard seeds. Cut pulp into ¼-inch cubes; there should be about ½ cup.

Put vinegar in a mixing bowl and add oil, shallots, garlic, chopped herb and tomato. Add lemon rind, salt and pepper. Blend well with a whisk. Makes about 1 cup.