



ROSH CHODESH CLUB
WITH CHEF GABE

TUNA CAPONATA



Serves: 4 to 6

Ingredients

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| 1 medium eggplant | 2 slices sourdough loaf |
| 1 large red bell pepper | 7 basil leaves |
| 3 stalks celery | 14 parsley leaves |
| 1 small red onion | 7 olives pitted |
| 3 cups cherry tomatoes | 3 tbsp capers |
| ½ cup olive oil | 1 tbsp tarragon leaves |
| 3 cups canola oil | ¼ cup pine nuts |
| 2 tuna steaks (about 8 oz. each) | 2 tbsp oregano leaves |
| Salt | ¼ cup red wine vinegar |
| 2 tbsp ground green peppercorns | 2 tbsp extra virgin olive oil |
| 2 tbsp ground fennel seeds | 4 garlic cloves |



Directions

Preheat an oven to 375°F

Cut the eggplant, red bell peppers, celery, and red onions into ¼ inch cubes then quarter the cherry tomatoes. Place the cut vegetables on the sheet pan by groups and roast for 12 to 15 minutes until tender and lightly browned. Immediately after the vegetables come out of the oven, place them in a bowl and mix with the red wine vinegar and extra virgin olive oil. Set aside.

Mix the ½ cup olive oil and 3 cups canola oil in a small pot, place on the stove and bring to around 350°F. Fry the basil and parsley and place on a paper towel to absorb any excess oil.



Season the tuna with the ground green pepper and ground fennel, then place on a cooling rack over a heatproof bowl. Carefully ladle the hot oil over the tuna using a small ladle or a large spoon. Flip the tuna to make sure each side is seared. Place the tuna on a cooling rack and set aside for later.

Pour the oil back into the small pot, return the stove and bring back to 350°F. Cut the bread into cubes and fry in the pot until toasted and crunchy. Season the bread when it comes out. Turn off the stove and discard the oil or save for another use.

Rough chop the olives, capers, oregano and tarragon. Mash the garlic with a pinch of salt to form a paste and mix into the roast vegetables along with the olives, capers, tarragon, and pine nuts. Slice the tuna loin into ¼ inch slices.

To plate, arrange three tuna slices on each plate then season with some salt. Spoon the Caponata over the tuna and garnish with the fried basil, parsley and bread.

