
KITCHEN CONNAISSEUR

Grilled Tuna served on Wild Greens laced with Sun Dried Cherry Vinaigrette



This “entrée salad” is perfect for a summer barbecue or a light dinner anytime of year! A word of caution however: don’t over cook the tuna. It will dry out very quickly and should be timed exactly. The vinaigrette is best made a day ahead to allow the flavours time to harmonize. The wild greens and fruit can be changed depending on availability. Serves 6

ingredients

1/2 cup	Sun Dried Cherry Sauce
1/4 cup	Raspberry Wine Vinegar
2 Tbsp	Brown sugar
1 Tbsp	Freshly squeezed lime juice
2 tsp	Wasabi* - prepared
2 Tbsp	Onion - diced
2 cloves	Fresh garlic - minced
2 tsp	Fresh ginger - minced
	Freshly ground pepper and salt to taste
3/4 cup	Basil Flavoured Walnut Oil
6 cups	Mixed wild greens - trimmed and washed
2	Nectarines - cut in wedges
3/4 cup	Blueberries- washed
6	Tuna steaks or fillets (5-6 oz each)
1/3 Cup	Roasted Garlic Olive Oil
2 tsp	Soya Sauce
2	Cloves garlic - minced
1 tsp	Ginger – minced

instructions

Sun Dried Cherry Vinaigrette

1. To prepare the dressing place the Sun Dried Cherry Sauce, Raspberry Wine Vinegar, Brown sugar, Freshly squeezed lime juice, Wasabi*, Onion, Fresh ginger and Fresh garlic in a blender and mix on moderate speed for 1 minute.

2. Add the walnut oil in a slow steady stream. The vinaigrette should thicken nicely.

Cover and refrigerate.

Wild Greens

Place the wild greens and fruit in a bowl. Toss together.

Grilled Tuna

1. Quickly wash the tuna under cold running water. Pat it dry with a paper towel.
2. Mix the olive oil, soya sauce, garlic and ginger together.
3. Marinate the tuna in the mixture for no longer than 10-15 minutes on each side.
4. On a hot grill or in an oiled and heated saute pan, cook the fillets for 1 to 2 minutes on each side.

To prepare the dish, toss the vinaigrette with the wild greens. Portion the salad on dinner plates and top with the grilled Tuna. Garnish with lemon, lime and additional wasabi.

Serve immediately.

** Wasabi is a Japanese mustard available in specialty markets. If you can not find it use 1/4 tsp dry mustard powder.*