

Tuscan Cuisine

Insalata di ventresca di tonno con cannellini e rucola Albacore tuna chick salad tossed with "cannellini" beans and baby arrugola.

Ingredients:

Fresh center cut Albacore Tuna 1 Lb.
Olive oil 1.5 Liter
Cannellini beans.
Baby arrugola 1lb
Sea Salt
Fresh cracked black pepper.
Lemon Zest.

Preparation:

Prepare and cook the "cannellini" beans with the same method of the other recipes.

The "Ventresca" of tuna is consider the best tender part, which is the center or to better say the stomach of the tuna.

Cooking the tuna with the best results it will take attention, effort and time.

Wash and clean the Tuna and discard the dark part of the meat. Cut it in regular pieces.

In plastic clear bag place the fish and filled up with cold water, touch of salt and olive oil.

Let the air out of the bag in the best way you can, the fish must completely cover and immerse on the liquid. (The best to do this if you have a small vacuum machine).

Put the bag in half hotel pan. In the oven at 60 to 100 degrease. Very low.

At this temperature to cook 1 pound of tuna it will take you approximately 45 minutes.

Than remove it from the oven and place it in the freezer for another 20 minutes without open the bag.

At this point you can open the bag and put the pieces of tuna in a container cover with olive oil to marinated.

For the salad in a stainless still bowl put the tuna, zest with the lemon add a spoon of the cooked cannellini beans, the tossed in the baby arrugola, with the sea salt, fresh cracked black pepper and olive oil.

Serve.