



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

JUNE 2019
Recipe 121

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Sicilian-style Grilled Tuna Steaks

PREPARATION

- 1 - Brush the tuna with some oil and sprinkle with salt and pepper. Heat the grill and brush the cooking grates with oil.
- 2 - Heat the oil in a small skillet over medium heat and cook the garlic for a minute. Add the tomatoes and cook for another couple of minutes. Add the wine and bring to a rapid boil for two minutes. Add all remaining ingredients except for the parsley and simmer uncovered for 5 minutes. Stir in the parsley and remove from heat.
- 3 - Sear the tuna steaks over high, direct heat for 1-2 minutes on each side.
- 4 - Serve the tuna steaks immediately topped with the sauce.



INGREDIENTS

- 4 tuna steaks ,about 6 ounces each and 1-inch thick
- Extra virgin olive oil for brushing
- Sea salt and freshly ground black pepper
- 1 tablespoon extra virgin olive oil
- 2 cloves garlic minced
- 1 cup diced fresh tomatoes
- 1 cup dry white wine
- 2/3 cup sliced firm green olives
- 1/4 cup capers, drained
- 1 1/2 tablespoons fresh lemon zest
- 2 tablespoons fresh lemon juice
- 2 teaspoons chopped fresh thyme
- 2 teaspoons chopped fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh parsley

COOK'S NOTE:

This wonderful grilled tuna steak recipe from Sicily is ideal for summer. The grilled tuna steaks, a major part of Mediterranean cuisine, pair exceptionally with an easy-to-make summertime salad incorporating tomatoes, green olives, capers and lemon rind.

Bon Appétit!
-George