

Salade Niçoise with Oven Poached Tuna

Serves 8-10

The tuna for this salad is “poached” in spiced olive oil in a low oven producing an incredibly moist and flavorful product. This is one of those great dishes to make while your oven is heating up or after you’ve turned it off.

Ingredients

1½ lbs.	small yellow potatoes, cut in half
1 cup	olive oil
2 Tbsp.	kosher salt
1 tsp.	fennel seed
1 tsp.	cumin seed
2 lbs.	albacore tuna, cut into 1-in. thick pieces
1 med.	white onion, sliced
1 tsp.	peppercorns, cracked
1 tsp.	coriander seeds, cracked
2 ea.	bay leaves
2 ea. 2-in. strips	lemon zest
1 head	butter lettuce, separated into leaves, washed and spun dry
8 ea.	eggs, hard-boiled
1½ lbs.	green beans, trimmed and blanched until just done
1 pt.	cherry tomatoes
½ pt.	Niçoise olives
2 cups	Caper Aioli

Method

Oven Temperature: 500-550 degrees

Flame Height: 3.4

Toss potatoes with 2 Tbsp. of the olive oil, 1 Tbsp. of the salt, fennel and cumin and spread out on a sheet pan. Place in **center** of the oven and roast for about 8-10 minutes or until browned and cooked through. Rotate the pan 180 degrees after 5 minutes. Remove potatoes and set aside.

Oven Temperature: OFF

Place tuna pieces in a shallow baking dish large enough to fit the fish in one layer. Add the onion, remaining tablespoon salt, peppercorns, coriander seeds, bay leaves and remaining olive oil. The fish should be completely covered with oil so add more if necessary. Cover the dish with foil and place between the center and **doorway** of the oven. Let cook for one hour. Let fish cool in the pan.* Remove tuna from the oil and break into chunks. Arrange lettuce leaves on a large platter and pile the tuna in the center. Arrange the remaining ingredients around the fish and serve with [Caper Aioli](#) on the side.

* If you want to poach the fish ahead of time it will keep in the refrigerator, covered with oil, for a week.



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