



Tuna Nicoise

"You can make everything ahead and just assemble when guests arrive. It is perfect for a lunch party or a light dinner. I like this because it has a crisp clean flavor. You can add or subtract vegetables and do it with different beans. It has so many possibilities. "

Keith Pooler, Chef/Owner of Bergamot

INGREDIENTS

Tuna Confit

- 1½ lbs fresh tuna (sinew or ends)
- 3 sprigs of thyme
- 6-8 parsley stems
- 2-3 cilantro leaves & stems
- 2-3 sprigs chervil
- 2 garlic cloves, sliced
- 1 bay leaf
- 1 tsp red pepper flakes
- 1 tbsp coriander
- 1 tbsp cumin
- 3 shallots, sliced
- 1 tsp black peppercorns
- salt to taste
- canola oil

Tomato Confit

- 6 Roma tomatoes, peeled, seeded & halved
- 1 shallot, sliced
- 1 clove garlic, sliced
- 1 bay leaf
- 2 sprigs of thyme
- 1 sprig rosemary
- 8 parsley stems
- 5 peppercorns
- canola oil

Herb Vinaigrette

- 1 clove garlic
- 1 shallot
- 1 tbsp honey
- 1 tbsp Dijon mustard
- ½ cup red wine vinegar

- ¼ cup balsamic vinegar
- 2 thyme sprigs
- ¼ bunch basil leaves
- ½ bunch chives
- 4 tarragon sprigs
- 1½ cups canola oil
- salt to taste

Hard-Boiled Eggs

- 2 eggs
- 1 tbsp kosher salt

Other Ingredients

- handful green beans, blanched & shocked
- ¼ cup nicoise olives, cut into slivers
- ⅛ lb mesclun greens
- 1 cup cooked or canned, rinsed & drained chickpeas

Special Equipment

- food thermometer
- food processor

HOW-TO

Tuna Confit

1. Cut tuna into 3 equal sized portions. It is best to let tuna sit for 1 hour room temperature
2. Put all ingredients together in large saucepan and cover with oil. Place on the stove on the low heat. The oil should not bubble
3. Remove when tuna reaches an internal temperature of 150°, about 35-40 minutes
4. Remove from stove and let cool in oil (at this point, it will last in the oil, refrigerated, for up to 1 week)
5. Remove from oil, slice and serve or continue with other components of the dish (below)

Tomato Confit

1. Place **Tomato Confit** ingredients in a pot and cover with oil. Heat on stove over low heat until tomatoes are soft. This should take about 1 hour. Do not boil, you want to see a lazy bubble
2. Remove from heat and cool in oil



Hard-Boiled Eggs

1. Bring water to a soft boil with 1 tbsp salt, and add eggs. Boil for 11 minutes
2. Remove and cool in ice water. Remove from ice water, peel and cut into desired shape

Make Herb Vinaigrette

1. Add **Herb Vinaigrette** ingredients - except oil - into a food processor and pulse for a few seconds
2. Drizzle in oil slowly, until mixture is emulsified

Assemble Salad

1. Drizzle vinaigrette on plates
2. Top with sliced tuna, confit tomatoes, cooked chickpeas, olives, green beans and mesclun