



GRILLED NORTHWEST ALBACORE NIÇOISE

(Serves 4 as a first course or 2 as a main course)

A “Niçoise” is technically speaking, a woman from Nice. But in culinary terms, the moniker is linked to any dish prepared in the culinary style of that romantic city on the southern coast of France. This substantial salad is traditionally made with canned tuna and produce found in farmers’ markets on the Côte d’Azure. In this version, the ingredients come from our own Bainbridge Island Farmers’ Market: Butler Green Farm, Farmhouse Organics, Laughing Crow Farm, Unity Gardens, Paulson Farms and the tuna is a fresh loin of Northwest albacore tuna from long-time Market vendor, Ocean

1 (12-ounce) loin Northwest Albacore tuna
Sea salt and freshly ground black pepper, to taste
6 tablespoons olive oil, plus more as needed for grilling
2 tablespoons red wine vinegar
8 ounces tender young green beans, trimmed
2 medium yellow-fleshed potatoes, about 8-ounces each
canola oil for frying
8 ounces mixed salad greens or a single green of choice
4 hard-boiled eggs, peeled and quartered lengthwise, optional
1 pint cherry tomatoes, leaves removed
1 cup pitted Niçoise or Saracena olives

1. If the tuna is frozen, allow it to thaw overnight in the refrigerator. Season it liberally with salt and pepper and roll or brush it with olive oil. Preheat the grill and grill the tuna loin for about 1 minute on each side to sear the surface and keep the interior very rare. Allow the grilled tuna to cool to room temperature before slicing.
2. Cook the green beans in a large volume of boiling, well-salted water just until they turn brighter green, about 1 minute; then drain and cool the beans to room temperature.
3. Peel and cut the potatoes into 1-inch dice. Preheat the canola oil for frying and deep-fry the potatoes until golden brown. Drain the potatoes on a rack.
4. Whisk together the red wine vinegar and 6 tablespoons olive oil and add salt and pepper to taste. Toss the salad greens with this dressing and distribute the greens evenly between 4 plates.
5. Arrange green beans, potatoes, tomatoes, olives and slices of tuna on top of the lettuce. Serve at once.

