



Seven Feathers Casino Resort's Salad Nicoise with Roasted Tuna*

Ingredients

Red Wine Vinaigrette:

2 shallots, chopped
4 garlic cloves
1 tbsp. Dijon mustard
1 tbsp. white sugar
1 cup red wine vinegar
salt & pepper (to taste)
2 cups salad oil

Albacore Tuna Steaks:

4 Albacore Tuna Steaks, 4 ounces each

Salad:

1 head of Romaine hearts, cut in half and chopped
2 hard-boiled eggs, sliced
2 ounces green beans, blanched and shocked, cook until al denté
12 pear tomatoes, lightly sautéed, about 1-2 minutes, blister the skin
10 Kalamata olives, whole

*Serves 2

*Recipe created by Seven Feathers' Executive Chef Mark Henry.

Directions

Red Wine Vinaigrette:

Combine all ingredients with the exception of the salad oil in a blender. Blend for 2 minutes. After 2 minutes, slowly add the salad oil until the vinaigrette emulsifies. Taste for any adjustments.

Albacore Tuna Steaks:

Season with salt & pepper. Roast in an oven at 350°F, 4-6 minutes. Cook medium to medium/well done.

Assemble the Salad:

Toss the chopped Romaine hearts with enough red wine vinaigrette to moisten. Place equal amounts of salad onto two plates. Place equal amounts of the blistered pear tomatoes on each salad. Place one sliced hard-boiled egg on each salad. Place equal amounts of the al denté green beans over each salad. Flake two roasted Albacore Tuna Steaks over each salad. Sprinkle equal amounts of Kalamata olives on each salad.