

PAN-ROASTED TUNA WITH WHITE BEANS

Four Servings

BEANS:

- 1 Cup dried small white beans
- 2 Tablespoons unsalted butter
- 1 Medium onion, finely chopped
- 1 Large carrot, cut into 1/3-inch dice
- 1 Celery rib, cut into 1/3-inch dice
- 1 Large clove garlic
- 1 Teaspoon dried thyme
- 1/2 Teaspoon dried oregano
- 1 Bay leaf
- 3 Medium yellow or red bell peppers, cut into 1/3 inch dice
- 4 Cups chicken broth
- Salt & black pepper to taste
- 2 Tablespoons finely chopped Italian parsley
- 2 Teaspoons minced fresh rosemary
- 2 Tablespoons olive oil
- 2 Tablespoons sherry vinegar

TUNA:

- 1 Tablespoon olive oil
- 4 6-ounce tuna steaks, about 2 inches thick
- Salt & coarsely ground black pepper

BEANS: Rinse beans. Either soak overnight in 4 cups water, OR bring to boil, turn off heat, & cover for 1 hour. Drain & rinse.

Melt butter in 4-quart saucepan and saute onion, carrot, & celery until softened, about 5 minutes. Add garlic, thyme, oregano, bay leaf, & bell peppers; saute another minute. Add broth and beans. Bring to boil, partially cover, and simmer until beans are tender, about 1 hour. Some liquid should remain. Add salt and pepper to taste. Just before serving, stir in parsley, rosemary, olive oil and vinegar.

TUNA: Preheat oven to 450°. Season one side of tuna with salt and lots of pepper. Heat oil in heavy cast-iron skillet. Saute fish over high heat for 1 to 2 minutes per side until just browned on all sides. Transfer skillet to oven and cook fish for another 6 minutes or until it feels firm but is still pink in center.

SERVICE: Spoon beans onto plates and set the tuna on top, peppered side up. Serve with medium-bodied, fruity red wine.