

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Tonno alla Calebrese

Similar to Recipe in "Mediterranean Hot and Spicy" by Aglaia Kremezi

Easy, fresh, filling but not heavy; make it as zesty as you like!

*1-3 dried peperoncini, or chiles de árbol
light olive oil, for sautéing
2 cup chopped white onion
kosher or sea salt
½ cup dry white wine
2 Tbsp red wine vinegar, more to taste
2 cup canned tomatoes, with juice*

*¼ cup capers, rinsed, drained
½-1 tsp honey or brown sugar
4 tuna steaks, 6-7 oz each
½ tsp freshly ground black pepper
1 tsp freshly ground coriander
2 Tbsp chopped fresh parsley*

Cut the chiles with kitchen shears into small strips. Heat 3-4 Tbsp oil in a large skillet over medium heat. Add onions, sprinkle with salt and sauté, with stirring, until soft and lightly golden, about 10 minutes. Add wine, vinegar and chiles and stir or toss for about a half a minute. Add tomatoes and cook for 4-6 minutes. Add capers and honey and cook over medium heat for another 8-10 minutes, until sauce thickens. Taste and adjust with salt, vinegar, or honey. The flavor should be intense, with some sour to it. Transfer sauce to a bowl and wipe out skillet; return to medium-high heat.

Mix pepper and coriander with a bit of salt; set aside. Heat 3 Tbsp oil in the skillet, sprinkle the fish with pepper mix and sauté fish for 2-4 minutes per side, until firm but still somewhat raw in the middle. Add the sauce, bring to a boil and cook for a few minutes until fish is just cooked through. Let fish cool for a few minutes, then plate onto freshly cooked linguine (tossed with oil) and serve with crusty Italian bread and a nice white wine.

Yield: Four servings

Preparation time: 10 minutes

Cooking time: 40 minutes

