



Tonno con caponata

TUNA STEAK WITH CAPONATA

This dish pairs lightly seared fresh tuna with the Sicilian classic, caponata, a slightly sweet and sour – *agrodolce* – stewed aubergine dish, especially popular in the island's capital, Palermo. Any leftover caponata can be kept in the fridge for up to a week and used in salads or with pasta.



Serves 4
Prep time 15 minutes
Cook time 40 minutes

2 medium sized aubergines, cut into 2 cm cubes
8 tbsp extra virgin oil
2 red onions, finely sliced
4 sticks of celery, cut into small cubes
2 garlic cloves, finely chopped
150g cherry tomatoes, halved
6 tbsp sugar
4 tbsp red wine vinegar
2 anchovy fillets
2 tbsp salted capers, rinsed and roughly chopped
50g pitted black olives, halved
150ml tomato passata
4 fresh tuna steaks brushed with a little olive oil
Salt and pepper
1 small bunch of flat leaf parsley, finely chopped

Heat two thirds of the extra virgin olive oil in a frying pan. Add the diced aubergines and cook for 8-10 minutes over a low heat, until they are soft. Remove and put to one side.

Heat the remaining oil in the pan and cook the onion, celery and garlic for 6-8 minutes, until soft. Add the cherry tomatoes, sugar and vinegar and cook for about 5 minutes to let the tomatoes release their juices.

Stir in the anchovies, squashing them with the back of a spoon to break them up. Add the tomato passata, capers, olives and aubergines, then lower the heat and cover. Simmer for 15 minutes. Leave to cool to room temperature

Heat a griddle pan until it is very hot. Sear the tuna fillets for 2 minutes on each side, seasoning with salt and pepper while cooking. Top with a generous spoonful of caponata, sprinkle with the chopped parsley and serve.