

LOCAL CHEF RECOMMENDS - - TUNA WITH HERBED VINAIGRETTE

4 anchovy fillets, rinsed	rinsed and chopped
1 clove garlic, chopped	2 tbsp (25 mL) chopped parsley
1 tbsp (15 mL) freshly squeezed lemon juice	1 tsp (5 mL) fresh thyme leaves
1 tbsp (15 mL) red wine vinegar	Salt and freshly ground pepper
½ cup (125 mL) olive oil	Four 5 oz (150 g) tuna steaks, 1-inch (2.5-cm) thick
1 shallot, finely diced	4 cups (1 L) washed lettuce leaves
1 tbsp (15 mL) salt packed capers,	

1. Place the anchovy fillets, garlic, lemon and red wine vinegar in a food processor. Process until blended. With the motor running, gradually add the olive oil. Pour the mixture into a small bowl and stir in the shallot, capers, parsley and thyme leaves. Season with salt and pepper. You will have about $\frac{3}{4}$ cup (175 mL) dressing.

2. Pour $\frac{1}{4}$ cup (50 mL) dressing over tuna steaks, turn to coat and then cover. Leave them to marinate for 30 minutes, turning once.

3. Preheat the grill to high. When hot, brush the grill with oil. Remove the tuna steaks from the marinade and place on the grill. Grill 2 to 3 minutes per side for rare and 4 to 6 minutes for medium.

4. Transfer the steaks to a cutting board, cover with aluminum foil and let rest for 5 minutes. Toss the washed lettuce leaves with the remaining dressing and place on a large platter. Slice the tuna and arrange on top.

Serves 4

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HOLLAND MARSH LETTUCE

FACTS

Fresh Ontario grown lettuce includes: iceberg, Boston, leaf and romaine. Iceberg is most widely used in salads because of its semi-sharp flavour and crunchiness. The Boston variety is tender with floppy red tinged leaves that add colour to a salad. Leaf lettuce with its more delicate leaves and subtle flavour is excellent in both salads and sandwiches. Romaine is best known as the preferred lettuce for Caesar and Greek salads.

Health Benefits: Lettuce is an excellent source of Vitamin A, Folate and Vitamin K; and a source of Vitamin C.

Number of acres farmed in the Marsh annually: 217 acres