



Involtini di Tonno



Tuna is a great pescatarian alternative in red meat dishes, especially ones like a classic Italian involtini where it's wrapped around a tasty filling and poached in a rich tomato sauce. Traditional veal involtini often include meat in the filling, but cheese, herbs and umami-rich porcini make for a delicious vegetarian stuffing.

Serves 2

INGREDIENTS

- 15g dried porcini mushrooms (½oz)
- 2 teaspoons oregano leaves
- 300g tuna steak (10½oz)
- ¼ cup extra virgin olive oil (60ml)
- ½ small brown onion
- Salt flakes and freshly ground black pepper, to taste
- 1½ tablespoons dry white wine (30ml)
- 1 slice rustic bread, crusts removed, finely diced
- 1 egg
- 25g freshly grated parmesan cheese (1oz)
- 15g pine nuts, chopped (½oz)
- 2 teaspoons finely chopped flat leaf parsley
- Freshly grated nutmeg, to taste
- 1 clove garlic, crushed
- 210g (7½oz) crushed canned Italian tomatoes (polpa)
- Crusty bread, for serving

METHOD

1. Soak porcini in warm water for about 15 minutes.
2. Reserve a few small oregano leaves for garnish, chop the rest and set aside.
3. Meanwhile, cut the fish horizontally into 2 thin pieces then pound gently with a meat mallet to flatten each piece thinly. Cut each piece in half.
4. Heat half the oil in a small heavy-based frying pan over a medium heat.
5. Add onion and a good pinch of salt, cover and cook for about 5 minutes, until tender but not coloured.
6. Squeeze the porcini dry and chop finely.
7. Stir porcini into the onion, increase heat to medium-high and cook for 4-5 minutes, until onion starts to brown.
8. Increase heat to high, add wine and stir well to remove any bits stuck to the base of the pan. Cook for a few minutes, until most of the wine evaporates.
9. Place bread, egg, parmesan, pine nuts, parsley, chopped oregano, nutmeg, salt and pepper in the bowl of a small food processor.
10. Add the onion mixture and set the frying pan aside to reuse (don't wash it).
11. Blitz to form a coarse paste.
12. Place tuna pieces on a workbench with the cut side facing away from you.
13. Divide the mixture between them. Spread it evenly over the entire surface, except for a 1cm (½") margin at the top.
14. Roll up to enclose the filling, place on a plate, seam side down and refrigerate for a few minutes.
15. Place remaining oil and garlic in the reserved frying pan over a low heat and cook for a minute or so, until aromatic.
16. Increase heat to high, add tomato, a tablespoon of water and a pinch of salt and stir to combine well and incorporate any bits stuck to the base of the pan. Reduce heat to low, cover and simmer for 5 minutes.
17. Add tuna rolls seam side down, baste with the sauce, cover and cook for 10-12 minutes, basting occasionally, until tuna is just cooked through.
18. Arrange rolls on a platter, spoon sauce over the top and around.
19. Sprinkle with reserved oregano leaves and serve with crusty bread.