

Tuna & Braised-Artichoke Salad with White Beans

Chef Cory Schreiber– [Wildwood Restaurant](#)

1 lb fresh Albacore tuna loin
White Beans
4 to 5 cups of chicken stock
6 cloves garlic, chopped
1 small yellow onion, chopped
1 carrot, peeled and chopped
1 teaspoon salt
1 teaspoon freshly ground black pepper
1 ¼ cups dried white navy beans or other small white varietal, soaked in water overnight and drained

Braised Artichokes

12 baby artichokes (about 1 lb)
1 lemon, halved
3 cups olive oil
½ cup white wine vinegar
8 cloves garlic, crushed
1 small yellow onion, sliced
freshly ground pepper and salt
1 teaspoon fennel seeds, cracked
1 teaspoon grated lemon zest
1/3 cup fresh lemon juice
2 teaspoons Dijon mustard
freshly ground black pepper and salt
1/3 cup fresh chopped flat leaf Italian parsley

To make beans: In a medium pan, combine the stock, garlic, onion, carrot, salt and pepper: bring to a boil. Add the drained beans, reduce heat and simmer for 35 to 40 minutes or until the beans are tender, adding more stock as needed. Remove the pan from heat and let beans cool in the seasoned liquid. Cover and refrigerate. (The beans can be made one day ahead.)

To make the artichokes: Clean artichokes by peeling back and removing 2 to 3 layers of the outer leaves until the lighter yellow-green leaves appear. Trim off the thorns on the tips of the artichoke leaves along with the outer skin and bottom of the stem. Rub each artichoke with lemon to prevent discoloring, and place in cold water.

In a 12-inch skillet, combine the oil, vinegar, garlic, onion, salt, pepper and fennel seeds. Set aside ½ cup of this mixture to rub on to the Albacore tuna. Then bring to a boil, reduce heat and simmer for 10 minutes. Drain the artichokes well and pat dry with paper towels. Cut into quarters. Carefully add the artichokes to the simmering oil mixture. Bring back to a simmer and cook for 10 to 15 minutes, or until the artichokes are tender. Remove the artichokes from the oil, cover and refrigerate. Reserve ½ cup of the oil for the salad dressing and save the remainder for other cooking uses. This can be done one day ahead.

Season the cleaned loins of Albacore tuna with freshly ground black pepper and salt, and place on a rack on a flat sheet or cookie pan. Bake in a 350°F oven for 25 to 30 minutes or until cooked through. Remove from the oven and let cool. Flake the meat into fork-size pieces and set aside.

Drain the beans. In a large salad bowl, combine the cooked beans, quartered artichokes, cooked Albacore tuna and chopped parsley. Toss with the dressing and serve.