

Greek-Style Albacore Salad

1½ lbs Oregon Albacore loins or steaks
Lemon slices
Onion slices
Bay leaf
Black peppercorns
2 Tbsp olive oil
2 Tbsp lime juice
2 Tbsp white wine vinegar
1 tsp soy sauce
2 tsp Dijon mustard
1½ tsp minced garlic
1/8 tsp dried oregano
1/8 tsp dried basil
Assorted fresh vegetable and greens
¼ cup feta cheese

Rinse albacore with cold water, pat dry with paper towel. Place albacore in large skillet in just enough water to cover. Season water with lemon and onion slices, bay leaf and black peppercorns to taste. Cover and simmer. Cook 8 minutes per inch of fish measured at its thickest point. Do not overcook! Albacore should be pink in center when removed from heat. Drain, cool and break into large chunks. While albacore is cooling, make dressing by combining olive oil, lime juice, wine vinegar, soy sauce, mustard, garlic, oregano and basil. Gently toss albacore with dressing. Serve on bed of fresh chopped lettuce and spinach. Garnish with tomato wedges, onions, olives, artichoke hearts and cucumber slices. Sprinkle with feta.

(Courtesy of WFOA)