

baked tuna siciliana

winter



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EST 1981. SYDNEY FISH MARKETS PYRMONT

Baked tuna siciliana

Serves 4

80 ml (1/3 cup) olive oil
2 tablespoons lemon juice
2 1/2 tablespoons finely chopped basil
4 x 175g (6oz) tuna steaks
60g (2 1/4 oz) black olives, pitted and chopped
1 tablespoon baby capers, rinsed and patted dry
2 anchovies, finely chopped
400g (14oz) tomatoes, peeled, deseeded and chopped,
or a 400g (14oz) tin chopped tomatoes
2 tablespoons dry breadcrumbs
bread, for serving

Fish substitution

Swordfish

Mix 2 tablespoons of the olive oil with the lemon juice and 1 tablespoon of the basil. Season and pour into a shallow, non-metallic ovenproof dish, large enough to hold the tuna steaks in a single layer. Arrange the tuna in the dish and leave to marinate for 15 minutes, turning once. Preheat the oven to 220°C (425°F/Gas 7) and preheat the grill (broiler).

Combine the olives, capers, anchovies and tomatoes with the remaining oil and the remaining basil and season well. Spread over the tuna and sprinkle the breadcrumbs over the top. Bake for about 20 minutes, or until the fish is just opaque. Finish off by placing briefly under the hot grill until the breadcrumbs are crisp.

Serve with bread to soak up the juices.

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