

TUNA NICOISE



CANNON
THE ART OF COOKING

Serves 8

INGREDIENTS

- 1 kilo fresh tuna loin
- 200g French beans, cooked
- 4 tomatoes, oven dried
- 4 large new potatoes, cooked and grilled
- 4 eggs, hard boiled
- 8 baby red peppers, roasted
- 1 jar tapenade
- Tomato Ketchup vinaigrette
- 80g shallots, finely chopped
- 1tbsp chervil
- 1tbsp chives
- 1tbsp tarragon
- ½tbsp Worcester sauce
- 100g tomato ketchup
- 8 drops Tabasco sauce
- 300mls olive oil
- 50mls white wine vinegar

METHOD

I have 2 ways to present this salad. Sometimes I combine all the ingredients together in a bowl and sometimes I keep them separate for a more “cheffy” presentation. Either way I always cook the tuna rare in a hot pan. Just brush with some oil and cook for 10-15

seconds on all sides. Remove and season. Then either arrange on a plate with the tuna in the middle and all the other ingredients around it or mix it all together in a bowl and place in the centre of the plate.