

BAKED FRESH TUNA

by Alan Husband of Limelight

2012 Winner : Main Course

Ingredients (serves 6+)

1 whole tuna (fresh caught bonito was used here)

Savoury rice

1 onion

2 tomatoes

2 eggs

1 red capsicum

1 green capsicum

1 carrot

4 cloves

1 can of tuna

1 tsp fresh lemon juice

Black peppercorns

1 tsp Mayonnaise

Sprig of coriander

1/2 tsp Dijon mustard



Method

First catch your tuna ...

Bleed immediately (no mean feat when doing 8 knots into a nor'easter under race conditions - best to do it in a bucket or the decks will look like the aftermath of a blood letting ceremony).

The recipe ...

Stuff fish with tasty pre-cooked rice (Uncle Ben's Savoury Rice was used on this occasion) - add some thin sliced onion and tomato, pepper and salt to the stuffing.

Salt the outside of the fish.

Brush with olive oil, add a squeeze of lemon juice.

Wrap in aluminium foil, place in baking tray in oven at 180 C for approx. 20 min

To prepare the port and starboard markers ...

Hard boil two eggs.

Remove the yolks by slicing a piece off at the bottom of the egg.

Mash the yolks together with canned tuna, mustard, mayonnaise, lemon juice, salt, pepper, to form a paste.

Stuff the paste back inside the eggs.

Cut a round from each of the red and green capsicums.

Place coriander on the top surface of the egg.

Place the capsicum rounds over the coriander allowing a fringe of coriander to show.

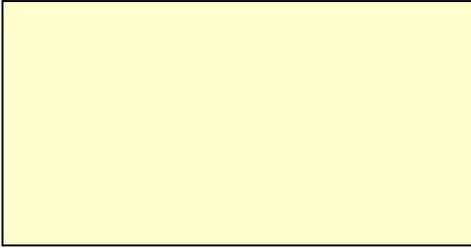
Decorate with black peppercorns (for eyes), a crescent slice of carrot (for mouth) and a clove (for the nose).

Dot the caps with spots of mayonnaise.

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Serving ...

Place on a serving dish and carefully stand the eggs on their cut surface to port and starboard of the fish (if you don't know which colour goes where, you shouldn't be sailing!)