

C H E F M A R K R E C I P E :

White Bean and Tuna Salad

Chef Mark Schoenthaler

PERSONAL CHEF SERVICES

Classic cuisine with a contemporary flair.

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2 Main-Course Servings

6-8oz. jar of tuna meat packed in olive oil
(the best ones are from Italy and somewhat expensive
but necessary for this dish)

15 oz. can of cannelloni beans, drained and rinsed

3 Tablespoons capers

10 pitted kalamata olives cut in half

3 Tablespoons chopped Italian parsley

½ medium red onion thinly sliced into rings

3 Tablespoons red wine vinegar

2 cups baby arugula

1 tomato cut into wedges

1 Tablespoon extra virgin oil

Freshly ground black pepper and gray sea salt to taste

Combine beans, capers, parsley, red onion, and wine vinegar and toss gently to mix. Add tuna (including the oil it was packed in) and break up tuna into bite size pieces. Season with salt & pepper and gently toss again. Place 1 cup of arugula on each plate and place half of tuna mixture on each place. Sprinkle with additional black pepper and gray sea salt, and drizzle with olive oil. Arrange tomato wedges around each and serve.

This is a wonderful light spring-summer salad that would go nicely with a chilled crisp white or rosé wine.