

TUNA CONFIT

Yield: 4 servings

Ingredient	Amounts
Tuna steak, belly strip or trimmings skin removed	1 lb.
Salt	2-4 tsp
<i>Seasoned Oil</i>	
Basil stems, bruised	4 ea.
Thyme sprigs, bruised	4 ea.
Bay leaves, crushed	4 ea.
Garlic cloves, cut in 4 lengthwise	4 ea.
Lemon zest	1 ea.
Black peppercorns	1/2 tsp.
Serrano chili, split lengthwise (optional)	1 ea.
Olive oil, mild	3 - 3 1/2 cups

Method:

1. Salt the fish liberally. Set aside and let sit 6 hours to overnight.
2. *For the Seasoned Oil:* Place all the other ingredients into a 2-quart saucepan (approximately) and bring to the barest simmer for 10 minutes to infuse the oil. You do NOT want to brown the garlic or onions.
3. Rinse the fish and pat dry. Gently poach the salted fish in the oil. Watch the fish carefully; it can still be barely pink in the center.
4. Set the cooked fish aside, cool the oil, and once cooled, pour the oil over the fish to store. You may strain out the vegetables and herbs or leave them in. The fish will keep under oil in the refrigerator for several days, but the texture will never be quite as good as if you can manage to eat it without chilling it.

Note: The herbed oil mixture can be used to flavor salads after you have cooked the fish, or kept refrigerated for a week for reuse.

Source: Catherine Brandel