



AUBERGINE STEAKS WITH SEARED TUNA IN MUST DRESSING

Categoria: Starter **Tempo di preparazione:** 70 minutes **Difficoltà:** medio 🇩🇪

Ingredienti per 4

- 1 round aubergine
- salt, to taste
- extra virgin olive oil, as needed
- 1 garlic clove
- chilli pepper, to taste
- mint, finely chopped, to taste
- 1/2 glass of red wine vinegar and a little more to brush the tuna
- parsley, finely chopped, to taste
- 4 tuna fillet steaks 2cm thick
- 1 tablespoon of must (freshly crushed grape juice)

Must is the juice of wine grapes, before it is left to ferment into wine. It has a hint of sweetness and adds a lovely complexity to whatever it is added to, in this case, a dressing for aubergine and seared tuna.

Difficulty: **moderate**

Cost: **moderate**

Preparation time: **70 minutes**

Serves: **4**

Method

Cut the aubergine into slices about 2cm thick. Salt them and leave to rest for 30 minutes. This will remove their bitterness. Then grill the aubergine steaks on a hot griddle on both sides for about 5-10 minutes.

Prepare the sauce stirring together the extra virgin olive oil, the slightly crushed garlic clove, the chilli pepper, the must, mint, ½ glass of red wine vinegar and parsley. Set aside.

Take the tuna steaks, sprinkle with salt and brush with vinegar. Grill for 4 minutes on each side, or less if you want it rare.

Slice the tuna steaks and arrange on the aubergine steaks. Dress with the sauce and serve on a hot plate. Enjoy!

