



PERSEPHONE OAK GRILLED BLUE-NOSE TUNA WITH HEIRLOOM TOMATO TABBOULEH SALAD AND MARINATED FENNEL

A Healthy Pairing From The Kitchen At Peju

Serving Size: 2 People

Pairs With: Peju Provence / Peju Sauvignon Blanc

TUNA:

2-4 oz. tuna loin steaks

Peju olive oil

Salt and pepper to taste

Lightly coat the steaks with the olive oil and season with sea salt and freshly ground pepper right before grilling. Start the grill using Persephone ranch oak and burn for 20-30 minutes before grilling. Once fire is ready, cook the steaks for about two minutes on both sides to achieve a rare to medium rare center with a flavorful oak char.

TABBOULEH:

1 cup bulgar wheat

½ bunch parsley, chopped

¼ bunch mint, chopped

Juice of 1 lemon

1 heirloom tomato, chopped

1 onion, chopped

2 tbs. Peju olive oil

Salt and pepper to taste

Boil a quart of water, once boiling turn off heat and soak the bulgar wheat for 15 minutes to allow the wheat to absorb the water. Once finished, drain off the water and allow the bulgar wheat to dry. Prepare the rest of the ingredients in a medium mixing bowl, add the bulgar and toss to incorporate the ingredients. Refrigerate for an hour before serving to allow flavors to meld.

MARINATED FENNEL:

Two fennel bulbs, shaved

1 meyer lemons juiced

1 tbs. sugar

½ cup Peju olive oil

Cracked pepper

Toss the fennel in the marinade and set for 8 hours, season and serve. Prepare the marinade in a non-reactive container. Quarter the fennel bulbs and remove the core. Slice the fennel very thinly and toss in the marinade. Allow to marinate for 2-3 hours. Season before serving.