



WHATSHEATE



HEALTH SCORE

100%

Three Bean Winter Panzanella Salad with Preserved Tuna



Dairy Free



Very Healthy

READY IN



210 min.

SERVINGS



4

CALORIES



1105 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 pound tuna steak thick ()



1 cup anchovy aioli (optional â€” see recipe section)



5 anchovy filets anchovy filets



0.5 slightly baguette french stale cut into 1 inch cubes slightly baguette, cut into 1 inch cubes



1 teaspoon peppercorns black



15 oz cranberry red drained and rinsed canned



1 teaspoon pepper red crushed to taste ()

- ☐ 1 pound green beans fresh
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 clove garlic thinly sliced
- ☐ 4 clove garlic peeled roughly chopped
- ☐ 2 cup grape tomatoes
- ☐ 15 oz cannellini beans white drained and rinsed canned
- ☐ 1 bunch bitter greens (such as dandelion, mustard or radicchio)
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 cup the reserved tuna oil
- ☐ 2 tablespoon more of the reserved tuna oil plus more if necessary
- ☐ 3 cup olive oil
- ☐ 1 small onion red cut into slivers small onion, cut into slivers
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper to taste
- ☐ 1 medium shallot shallot
- ☐ 1 sprig thyme sprig thyme fresh

Equipment

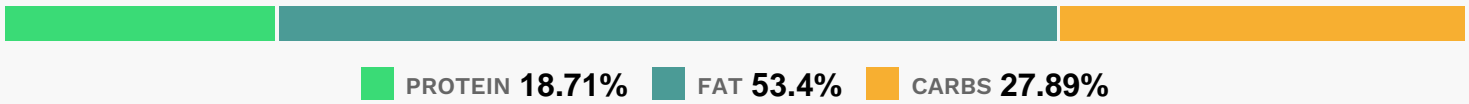
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ TUNA Carefully wash and dry the tuna steak as well as possible. In a mortar and pestle add the salt, thyme, garlic, fennel seeds, red pepper flakes, anchovies, and black peppercorns and 1 tbsp olive oil. Grind and mix the ingredients well to form a paste. Rub this paste all over the tuna.
 - ☐ Add the tuna to a deep bowl. Cover it with 3–4 cups of olive oil and refrigerate for several hours overnight. The next day transfer all these ingredients including the tuna to a heavy-bottomed saucepan set over medium–high heat. When the oil is the right temperature (not too hot) bubbles will begin to form along the edges of the pan. Lower the heat to maintain this temperature, and put the lid on. Poach the tuna in this mixture about 15–20 minutes, turning the fish over once or twice to ensure even cooking. Check the tuna by piercing with the tip of a knife. It should still be pink at the center, but a little past rare. When the tuna is ready remove it from the oil and allow it to come to room temperature. Reserve the oil. Once the tuna cools completely, return it to the oil and refrigerate 4 or 5 hours or up to 3 days.
- BEANS
- ☐ Put the cranberry and white beans into a sauce pan adding enough water to cover by 1 inch.
 - ☐ Add a little salt, and the fresh thyme and bring to a boil. Turn off the heat and let the beans cool in their cooking liquid. These may be cooked ahead and kept at room temperature for a few hours or up to 3 days.
 - ☐ Clean and trim the green beans leaving them whole.
 - ☐ Add them to a pot of rapidly boiling salted water. Cook for 2–3 minutes. Quickly plunge them into an ice bath to stop their cooking. Make a vinaigrette in a small bowl with the diced shallot, red wine vinegar, and teaspoon salt.
 - ☐ Heat about cup of the preserved tuna oil until it begins to bubble, Strain the oil into the bowl with the red wine vinegar and add freshly ground black pepper, whisking to emulsify. Taste and add more salt and vinegar to taste.
- SALAD
- ☐ Toss the tomatoes in a little olive, salt and pepper. Roast the tomatoes on a parchment lined baking sheet for 2 to 2 hours (depending on the size of the tomatoes) at 225 degrees F. They should be crinkly, but still moist inside. This will bring out their sweetness, even in winter when the tomatoes are not at their best. You can skip this if you have sweet, juicy summertime tomatoes.
 - ☐ Heat 2 tablespoons of the preserved tuna oil over medium–high heat.
 - ☐ Add the garlic clove slices and as many cubes of bread as will fit in a single layer (this may need to be done in a couple of batches). Toss and toast the bread until golden brown on all sides, stirring frequently.
 - ☐ Add additional tuna oil as needed (the bread will soak it up as it toasts).
 - ☐ Remove from heat and place the bread in a large bowl. This may be made up to a day or two ahead. When ready to serve, add the washed greens to the bowl with the bread cubes.

- ☐ Drain the cranberry and white beans and toss them with the green beans and the warm vinaigrette (reheating and re emulsifying if necessary).
- ☐ Add these, along with the warm roasted cherry or grape tomatoes to the bowl as well. Toss well.
- ☐ Pour the well mixed salad onto a large serving platter. Toss the onion slivers across the salad and top with the tuna, broken into bite sized chunks.
- ☐ Serve with optional aioli alongside.

Nutrition Facts



Properties

Glycemic Index:109.94, Glycemic Load:18.79, Inflammation Score:-10, Nutrition Score:56.946956883306%

Flavonoids

Cyanidin: 49.36mg, Cyanidin: 49.36mg, Cyanidin: 49.36mg, Cyanidin: 49.36mg Delphinidin: 8.15mg, Delphinidin: 8.15mg, Delphinidin: 8.15mg, Delphinidin: 8.15mg Malvidin: 0.47mg, Malvidin: 0.47mg, Malvidin: 0.47mg, Malvidin: 0.47mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 52.26mg, Peonidin: 52.26mg, Peonidin: 52.26mg, Peonidin: 52.26mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 4.65mg, Epicatechin: 4.65mg, Epicatechin: 4.65mg, Epicatechin: 4.65mg Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate: 1.03mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 7.37mg, Myricetin: 7.37mg, Myricetin: 7.37mg, Myricetin: 7.37mg Quercetin: 24.97mg, Quercetin: 24.97mg, Quercetin: 24.97mg, Quercetin: 24.97mg

Nutrients (% of daily need)

Calories: 1105.29kcal (55.26%), Fat: 64.67g (99.5%), Saturated Fat: 10.53g (65.8%), Carbohydrates: 75.99g (25.33%), Net Carbohydrates: 58.62g (21.31%), Sugar: 13.41g (14.9%), Cholesterol: 69.12mg (23.04%), Sodium: 3033.1mg (131.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.97g (101.95%), Vitamin B12: 11.26µg (187.63%), Selenium: 73.29µg (104.71%), Vitamin A: 4541.63IU (90.83%), Manganese: 1.8mg (89.96%), Vitamin K: 93.65µg (89.19%), Vitamin B3: 17.39mg (86.94%), Fiber: 17.38g (69.5%), Phosphorus: 686.29mg (68.63%), Vitamin C: 54.2mg (65.69%), Vitamin E: 8.61mg (57.43%), Vitamin B6: 1.14mg (57.04%), Vitamin D: 8.09µg (53.92%), Vitamin B1: 0.81mg (53.72%), Folate: 214.81µg (53.7%), Magnesium: 185.3mg (46.32%), Iron: 7.81mg (43.4%), Potassium: 1482.08mg (42.35%), Vitamin B2: 0.69mg (40.41%), Copper: 0.69mg (34.27%), Vitamin B5: 2.49mg (24.94%),

Calcium: 220.27mg (22.03%), Zinc: 2.93mg (19.51%)