

## GRILLED TUNA, TZAZTZIKI & TABBOULEH SALAD

### TO MAKE TABBOULEH

#### Ingredients

- 1/2 cup bulgur wheat
- 8 tomatoes
- 6 shallots
- 5 bunches Italian (flat-leaf) parsley
- 1 bunch fresh mint
- Juice of 6 lemons
- Approx 180ml Extra virgin olive oil
- Salt and pepper to season

#### Method

1. Soak the bulgur wheat for 15 minutes in some warm water with 1 teaspoon lemon juice. Drain well and dry in a dish towel.
2. Peel and finely dice the tomatoes, and chop the shallots, parsley and mint very finely. Combine all these ingredients with the bulgur wheat in the serving dish.
3. Sprinkle with olive oil and lemon juice, season to taste, and leave to stand for at least 2 hours. Before serving, adjust the seasoning and stir gently, adding lemon juice and/or more olive oil if necessary.

Assemble the salad the way you prefer. I suggest stacking layers in a nest of rocket leaves, slicing the tuna into chunky pieces and arranging on the top.

### TO MAKE TZAZTZIKI

#### Ingredients

- 200g of strained Greek yoghurt
- 4-10 leaves of finely chopped fresh mint
- 1/2 cup of finely diced cucumber, salt-cured overnight
- 4 cloves of finely chopped garlic
- 1 tablespoon of olive oil
- 2 teaspoons of lemon juice

#### Method

Prepare all ingredients in advance. Combine oil and lemon juice in a medium mixing bowl. Fold the yoghurt in slowly, making sure it mixes completely with the oil. Add the garlic to taste, then the cucumber.

### TO GRILL THE TUNA

Use approximately 150gm fresh tuna steaks per person.

Season each piece of tuna with salt and pepper, smear it with olive oil and grill in a very hot non-stick frying pan. Cook both sides to a nice golden colour, leaving the middle part still rare, to be able to enjoy the lovely flavour and consistency of the fish.

**Recommended Wine:**  
Astrolabe Sauvignon Blanc



The natural vegetation of Mediterranean lands has to survive long hot periods of summer droughts. Mediterranean vegetation includes evergreen trees (eg pine, cypress and cork oak); shrubs, (myrtle, laurel); the Garrigue scrublands, tough grasses, and sweet-smelling herbs such as rosemary, lavender and thyme. Most natural vegetation has long since been cleared for agriculture and has been over-grazed by sheep and goats.

Winter is cold in the Mediterranean. In the Middle Ages, filling the cellars and granaries meant working in haste through a succession of harvests: wheat in June, figs in August, grapes in September, olives in the fall.

The climate and terrain are constant throughout the region. Dry, hot summers give way to lovely cool winters. The soil is dry, the light clear and white. Even the plants wear a protective dusting of white which gives much of the landscape a softened outline of pastel green, burnished by the severe blue sky above and bright blue water below.

All regions with Mediterranean climates have relatively mild winters, but summer temperatures are variable depending on the region.

Because all regions with a Mediterranean climate are near large bodies of water, temperatures are generally moderate with a comparatively small range of temperatures between the winter low and summer high (although the daily range of temperatures during the summer is large, except along the immediate coasts, due to dry and clear conditions).

Temperatures during winter only occasionally reach freezing and snow only rarely occurs at sea level, but often in surrounding mountains due to wet conditions.

In the summer, temperatures range from mild to very warm, depending on distance from the open ocean, elevation and latitude.

Plants that are commonly associated with milder Mediterranean climates, such as citrus, olive, oleander and eucalyptus, can be frozen to death in a severe winter and are therefore not part of the regular landscape. ■

Cuisine is the tactile connection we have to breathing history. Every cuisine is a reflection of the society from which it emanates. All cuisine is historical, rooted in the agriculture of the region in question. And cuisine has always been rooted in two foundations, the poor and the rich. In the end, cuisine is the result of culture. Food is essential to our lives and our happiness, and the cooking of good food satisfies both.

Olive oil is perhaps the pillar of Mediterranean recipes; other fundamentals are bread, grains, legumes, fresh vegetables and fruits, rice, pasta, seafood, nuts, and much more. Mediterranean people eat a lot of vegetables, for reasons related to history, economics, and the development of society.

Many people use meat as a kind of condiment in the flavouring of vegetables.

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