

Grilled Tuna with Oregano
Tonno Riganatu

Recipe from "Lidia's Table"

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3 or more plump garlic cloves, thinly sliced (2 tablespoon slices)

1 teaspoon coarse sea salt or kosher salt, plus more for finishing

½ teaspoon freshly ground black pepper

6 tablespoons extra-virgin olive oil

6 tuna steaks cut 1-1/2 inches thick, about 8 ounces each

1-1/2 teaspoons dried oregano

Serves 6

For the marinade, stir the sliced garlic, salt and pepper into the olive oil and let sit for 30 minutes to an hour.

Spoon off and reserve 2 tablespoons of the infused oil. Place the tuna steaks on a large platter, and pour the remaining marinade over, turning the steaks so both sides are coated. Marinate the tuna for 2-3 hours, flipping them over two or three times.

Light your grill, and heat the rack over a medium flame or bed of charcoal. Drain the marinade from each piece of tuna, and lay it on the grill. Sear for about 2 minutes, and flip the steaks with a spatula.

Grill the second side for 2 minutes, turn steaks again, and check for doneness by slicing into a steak-the flesh should not be fully cooked. Remove to platter where the fish will continue to cook off the grill.

Stir the oregano into the remaining 2 tablespoons of garlic infused oil, and immediately brush on top of the tuna. Sprinkle over sit some coarse salt. Let the tuna rest for a minute before serving.