

Grilled Tuna and Peppers with Caper Vinaigrette

MELISSA ROBERTS-MATAR GOURMET JULY 2006

YieldMakes 4 servings

Ingredients

3/4 lb sweet peppers (light green)

2 (3/4-lb) sushi-grade tuna steaks (1-inch thick)

1 1/4 teaspoons salt

1 teaspoon black pepper

1 1/2 tablespoons fresh lemon juice

1/2 teaspoon Dijon mustard

1/4 cup olive oil

1 1/2 tablespoons small capers in brine, drained and chopped

2 tablespoons chopped fresh flat-leaf parsley

Preparation

Prepare gas grill for cooking over direct high heat.

While grill heats, cut peppers lengthwise into quarters, discarding stems and seeds. Trim ends so that quarters lie flat.

Sprinkle tuna all over with 1 teaspoon salt and 1/2 teaspoon pepper. Cook tuna and peppers on lightly oiled grill rack, turning over once, until tuna is pink only in center and peppers are just tender, 4 to 6 minutes total (peppers may take longer than tuna). Transfer tuna and peppers as cooked to a serving plate.

While tuna cooks, whisk together lemon juice, mustard, and remaining 1/4 teaspoon salt and 1/2 teaspoon pepper in a small bowl, then add oil in a slow stream, whisking until emulsified. Whisk in capers and parsley.

Serve tuna topped with peppers and caper vinaigrette.

Cooks' Note:

If you don't have a gas grill or aren't able to grill outdoors, cook tuna on a lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat, turning once, 4 to 6 minutes total.