

TUNA STEAK IN RED WINE SAUCE



Magazine
Feb. | Mar. 06

Photos: Nuno Campos
Chef: Boris Schijvens

SERVES 4

Preparation Time: 25 minutes

Cook Time: 15 minutes

INGREDIENTS

800g tuna cut into 4 steaks of 200g • 16 large cloves of garlic, still in their skin • Olive oil • Pepper and Salt • 2 tablespoons basil, roughly chopped • 1 tablespoon whole grain mustard • 200ml Conde de Vimioso 2004 wine • 100ml beef stock • 500g fresh spinach • 200g leeks, cut into round slices

METHOD

Preheat the oven to 160°C • Place the garlic cloves on a baking tray, drizzle with olive oil, and sprinkle with a little salt and pepper • Bake in the preheated oven for approx 20 minutes, until the garlic is slightly soft • Remove and allow to cool • Remove the skin from the cloves • Sprinkle the tuna steaks with salt and pepper and drizzle with olive oil • Preheat the grill • In a frying pan, add the red wine, the stock, the mustard, and over a low heat reduce till 1/3 • Add the peeled garlic cloves and chopped basil • Keep the sauce warm, add salt and pepper to taste • Meanwhile fry the leeks in a dash of oil, add the spinach, stir together, and place to one side • Grill the tuna on each side for 3-4 minutes • Arrange the spinach and leeks on a plate, place the tuna steak on top, and drizzle the red wine sauce over the top