

Grilled Albacore tuna Risotto with Fava Beans & Pancetta

Recipe for 4 people

Albacore tuna	4 6-ounce portions
Carnaroli rice	3 cups
Fava Beans	2 cups
Red Peppers	1 each
Pea tendrils	2 cups
Pancetta	¼ pound
Onion	¼ cup
Butter	3 tablespoons
Crème fraiche	¼ cup
Maple syrup	1 cup
Muscatel vinegar	¼ cup
Thyme	½ teaspoon
Chicken stock	7 cups
Parmigiano	½ cup
Salt	to taste
Szechuan pepper	to taste

In a sauce pot, bring the chicken stock to a boil and then let simmer until needed.

In a pot sweat the onions and garlic in the butter. Add the rice, then the white wine. Add the chicken stock 2 cups at the time, stir slowly until all the stock is incorporated, then repeat.

Keep tasting the risotto constantly to be sure to get the desired texture from the rice.

The grains of rice should have a slight crunch in the middle.

When the rice is cooked, add the cheese, crème fraiche, salt and Szechuan pepper.

For the Tuna

Salt and pepper both sides of the tuna steak

Brush each side with a fine layer of mayonnaise or aioli

Place on the grill for about 3 minutes each side

For the maple gastrique

In a saucepan reduce the vinegar by half, then add the maple syrup.

Reduce until the mixture is thick.

For the Fava Beans

Dice the pancetta and cook slowly until crispy, remove from the pan.

Cook the blanched fava beans in the pancetta fat until tender.

Combine the pancetta, the peppers and the beans and the chopped thyme.

For the red Peppers

Coat the peppers with olive oil. Burn the skin over the stove over an open flame, then place in a bowl.

Place plastic wrap on top of the bowl. Wait 20 minutes. Peel the peppers and dice them in quarter inch dice.

Place the fava bean mix on the bottom of the plate in a ring mold, then add the cooked risotto on top. Drizzle the maple gastrique around the risotto and topped the risotto with the pea tendrils