

Roman Tuna Steaks

This is a typical way to prepare fish in Ancient Rome. Tuna season is from June to November, the best months are from August and September.

Ingredients

4 tuna steaks
olive oil
20 pitted dates
1 cup wine
2 Tbs. olive oil
1/2 tsp. honey
dash of vinegar
fresh ground black pepper
lovage
celery seeds
mint
rosemary

Utensils

knife and cutting board
measuring cup
measuring spoons
mixing bowl
cookpot
wooden spoon
plate
grill **or** roasting pan
serving dish

This dish is seasoned to taste. However, ample seasoning should be used. Place some olive oil on a plate, and lightly dredge the tuna steaks in it. Mince the dates and mix with the remaining ingredients in a mixing bowl. The dish can be prepared up to this point in advance. Heat the date mixture in the cookpot on the stove over medium heat for ten minutes. If grilling or broiling the tuna, then preheat the grill or oven. The tuna steaks can be added to the cookpot and cooked in the sauce on the stove, or the sauce can be poured over the fish, and then the fish can be either grilled or broiled in a roasting pan in the oven. Tuna is eaten rare, so do not overcook it.