

Top grilled tuna with kiwi mango salsa

By DANA JACOBI
SPECIAL WRITER

The story of kiwi fruit closely reflects its appearance. Unassuming as an egg covered in brown fuzz, inside its flesh is a sparkling, translucent green. Halved crosswise, the shiny, appealing interior surrounds a sunburst of tiny black seeds radiating from a creamy core.

This is as pretty an edible sight as you are likely to find.

First brought to the United States in 1982, kiwi fruit became so beloved by chefs that for years it suffered from too much media hype and what most people considered too little taste. Now a supermarket staple, it took some marketing magic to make this ugly duckling into a commercially successful swan.

As with any good fable, a wise fairy godmother figures in the story. When the fruit was first imported, by a company owned by Frieda Kaplan, it was initially called "Chinese gooseberry," a name too politically fraught at the time to gain public acceptance.

Kaplan transformed this edible orphan by giving it a new name, after the unique, flightless kiwi bird native to New Zealand, where most kiwi fruit were then grown. She also promoted its cultivation by California growers. Soon, chefs enthusiastically adopted the kiwi. Today, most kiwis come from California, where they grow on vine-like shrubs, rather like grapes, from October to May. A good keeper, kiwis are refrigerated and shipped through the summer, although some are also imported from New Zealand and Chile between April and September.

Buy kiwis that are firm. To bring out their best flavor, a tangy combination of citrus and strawberry, leave them at room temperature to ripen, or tuck them into a paper bag with an apple, pear, or banana until slightly soft when gently squeezed. (But not soft enough to be mushy.) To eat a kiwi, slice off its top and bottom ends, then zip off its thin skin using a swivel vegetable peeler or small, sharp knife.

Use kiwi in this chunky salsa, or purée it with a bit of sugar, for a sauce that goes nicely with strawberries, chocolate cake or fruit salad.

GRILLED TUNA WITH KIWI MANGO SALSA

2 large or 3 medium kiwi
1 medium mango, peeled
and cut away from pit

3 tablespoons finely
chopped red onion
1/2 teaspoons grated
peeled fresh ginger
1/4 teaspoon salt
1 tablespoon fresh lime
juice
1 pound fresh tuna
1 teaspoon canola oil
1 teaspoon grated fresh gin-
ger
1 small jalapeno pepper (or
to taste), seeded and
minced
1/4 tsp. salt
Freshly ground pepper
1 tablespoon fresh lime
juice
8 packed cups mesclun
(mixed baby salad
greens), rinsed and dried
2 teaspoons extra virgin
olive oil (optional)

Preheat grill or broiler.

Cut tuna into 16 cubes and
place in non-metal bowl. Add oil
and toss fish to coat. Add ginger,
jalapeno, salt, a few grinds of
pepper and lime juice. Toss to
combine. Set aside while making

salsa or cover and refrigerate up
to 30 minutes.

Peel and chop kiwi into 3/8-
inch pieces to make at least 1
cup. Place in a non-metal bowl.
Chop enough mango into 3/8-
inch pieces to make 3/4 cup. Add
to kiwi. Mix in onion, ginger, salt
and lime juice. Set aside.

String marinated tuna cubes
loosely on skewers. Grill 3 min-
utes. Turn and grill until fish is
cooked through, 1 to 2 minutes
more. (To broil, arrange fish in
one layer in a shallow pan. Broil
3 minutes. Turn fish, using
tongs. Broil until fish is cooked
through, 1 to 2 minutes more.)

To serve, arrange 2 cups
mesclun on each of 4 dinner
plates. Heap a quarter of salsa
over center of greens. Set 4
pieces of tuna around greens. If
desired, drizzle 1/2 teaspoon
olive oil over greens.

Nutritional Information:
Makes 4 servings, each containing
207 calories and 3 grams of fat.

Dana Jacobi writes for the
American Institute for Cancer
Research.



Catch of the day: Grilled Tuna with Kiwi Mango Salsa is a festive entree that's sure to please family and friends.

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Wine from page D1

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The Oakville Ranch is 100 per-
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months in French oak barrels,
60 percent new. Very California-
style concentrated dark fruit
ends powerfully with rich brown
spice hints.

The Miner wine, made from
Oakville Ranch fruit, has six
percent merlot and four percent
cabernet franc in the blend and
was also barrel-aged 24 months.
The wine has dusty notes, more
typical of Oakville cabs, yet
shows old-world, Bordeaux-like
class, from the blending vari-
etals perhaps. This is one of the
finest, most internationally-
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tage. Cellar it for a few years for
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Also recommended and avail-
able from Miner are 1998 San-
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