

# TONNO E FAGIOLI

*(Tuna and White Bean Salad)*

SERVES 4



VENTRESCA (tuna belly) packed in olive oil is best for this dish, but any good olive oil-packed tuna will do. Don't use water-packed tuna; the results will taste insipid.

*½ lb. dried cannellini beans or other Italian white beans*  
*1 clove garlic, crushed and peeled*  
*2–3 fresh sage leaves*  
*Fruity extra-virgin olive oil*  
*Salt and freshly ground black pepper*  
*2 7-oz. cans olive oil-packed ventresca or other olive oil-packed top-quality tuna, lightly drained*  
*1 small red onion, peeled and thinly sliced*

1. Soak beans in a large bowl of cold water for at least 4 hours or overnight. Drain, put into a medium pot, and add 6 cups of cold water, garlic, sage, and 1 tbsp. of the oil. Cover and bring to a simmer over medium heat. Reduce heat to medium-low and simmer, partially covered, stirring occasionally, until beans are tender, 45–60 minutes. Drain, put beans into a large bowl, season to taste with salt and pepper, and set aside to let cool.
2. Add tuna, breaking up large chunks with a wooden spoon, to bowl with beans. Scatter onions over tuna, then drizzle with oil and season generously with salt and pepper.