

**Réunion Island Specialties**  
**Cari Thon and Rougail Tomate**  
**(Tuna Curry with Tomato Relish and Jasmine Rice)**

**AF DuPage Cooking Demonstration**  
**March 18, 2023 11:00 am**  
**Presented by Chef Chris Thielman & Karen Thielman**

**Servings:** about 3-4 servings

**Special Equipment needed:** Mixing bowls, large sauté pan with cover, microplane fine grater, saucepan

**Ingredients for the Rougail Tomate (Tomato Relish):**

8 ounces (about 2 large) vine-ripened tomatoes  
1.5 ounces sweet onion  
1 inch fresh ginger  
1 large kaffir lime (or substitute a regular lime)  
1/3 inch serrano pepper, de-seeded and inner ribs removed, minced VERY, VERY fine  
1 Tablespoon extra-virgin olive oil  
1 teaspoon coarse sea salt  
½ of a green onion, sliced thin for garnish using only the green portion, not the white portion

**Ingredients for the Cari Thon (Tuna Curry):**

1 pound fresh tuna filets (no skin) (yellow tail or albacore preferred)  
4 ounces red onion, diced very fine  
1 pound vine-ripened tomatoes (about 3 large)  
6 cloves of garlic, peeled and grated  
1 inch of fresh ginger, peeled and grated  
2 Tablespoons extra-virgin olive oil  
4 sprigs fresh thyme

¼ inch serrano pepper, de-seeded and inner ribs removed, minced VERY, VERY fine  
1 teaspoon ground turmeric, **(use caution when using turmeric due to color staining!)**  
4 ounces water  
Salt and freshly ground black pepper to taste

### **Jasmine Rice Ingredients and Method:**

Follow the package directions. We recommend 1 cup of uncooked rice to create the appropriate number of servings.

### **Method for the Rougail Tomate (Tomato Relish):**

Remove the green stem from the tomatoes and cut each in half horizontally. Gently squeeze out most of the seeds and discard. Finely chop the tomatoes to about a 1/4 inch size and add to a mixing bowl.

Finely chop the sweet onion to about a 1/4 inch size and add to the bowl of chopped tomatoes.

Peel the skin of the ginger with a teaspoon and then grate the ginger on a microplane. Add to the tomatoes and onions.

Zest the exterior of half a large lime using a microplane grater and add to the tomato/onion/ginger mixture.

Add the minced serrano pepper, olive oil, and salt. Stir all together gently. Allow the mixture to sit in the fridge for a couple hours for the flavors to blend together. Garnish with the green onion.

Serve with the tuna curry.

### **Method for the Cari Thon (Tuna Curry):**

Cut the tuna into 1 ½ inch size pieces and set aside.

Finely chop the red onion.

Remove the green stem from the tomatoes and then cut a small X on the opposite side on the bottom. This facilitates the peeling process.

Place the tomatoes in boiling water for 30-45 seconds. Immediately transfer them to a bowl of cold water and then peel the skin off the tomatoes.

Cut the tomatoes in half horizontally and gently squeeze out the seeds. Discard the seeds, then finely dice the tomato flesh.

Peel the garlic cloves and the ginger, then grate the garlic and ginger on a microplane and set aside.

In a large sauté pan, brown the red onions in the olive oil over medium heat (about 5 minutes).

Add the crushed garlic, ginger mixture, thyme sprigs and the de-seeded serrano pepper. Stir for 10 seconds.

Add the diced tomatoes, turmeric and water and let them stew uncovered for about 15 minutes over medium heat.

When this mixture is well cooked, add the tuna into the pan and cover. Continue cooking gently over low heat for approximately 4 minutes and then turn each piece of tuna over and continue to cook, covered, for another 4 minutes.

The sauce should be reduced at this point. If not reduced enough, remove the tuna to the serving platter and cook the tomato mixture on high heat for a few minutes until it reaches a thicker tomato purée consistency.

Remove the sprigs of thyme.

Transfer to a serving dish and spoon the sauce over the tuna pieces. Serve with the rougail tomato (tomato relish) and jasmine rice.

### **Chefs Notes:**

\* This dish is often served with red beans and rice pilaf.

\* **Turmeric stains, so be very careful when handling the ingredient and the resulting sauce.**

(We used a little bleach Soft Scrub cleaner for a minor spill on our kitchen counter.)

\* The rougail tomato gives the finished tuna dish a zesty brightness when served together.

\* The amount of serrano pepper in this recipe yields a very subtle spice content. If you want a very spicy dish, add more serrano peppers.

\* A crusty piece of artisan bread would be a nice compliment to this dish.