
Smoked Albacore and Red Onion Appetizer

From my friend Linda's mother Van

Internet Address:



Simple, honest!

6 ounces smoked albacore, or just good quality tuna, drained

1/2 whole red onion

2 tablespoons red wine vinegar

water

Serving Ideas: If you have some kind of sauce (I'd suggest a mayo based) on hand, you could dab a little bit of it on the cracker, or on the tuna and stick the onions to it. The appetizer doesn't really need anything else, but this is just an idea. I happen to have some Mississippi Comeback Sauce in the refrigerator at the moment, and it would probably be delicious with it.

Servings: 10

If you can't find smoked albacore (available at upscale fish markets, usually) you can use a high quality ordinary canned albacore. The point is to use albacore because it will break off into nice bite-sized flakes. Do not under any circumstances use the tiny-flaked canned tuna from the grocery store shelf. I buy smoked and regular albacore from Carvalho Fisheries (search online) because they harvest young tuna which contain much less mercury.

1. An hour before serving prepare the onion. Remove end and skin, cut onion half in half and cut very thin slices.
2. Place onion slivers in a bowl. Add water just to cover, then add the red wine vinegar. Stir and set aside for one hour.
3. Drain onion and blot on paper towels, then place in a small serving bowl.
4. On a platter place the onion bowl, the tuna with a small fork so people can separate flakes of it. Add crackers of your choice.

Per Serving (excluding unknown items): 27 Calories; trace Fat (15.0% calories from fat); 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 67mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>