



Doctor K's
DELI

MILLION DOLLAR FRESH TUNA SALAD



created by Dr. David C. Kolbaba

*It's all about "creating something dramatic out of something ordinary"!
Give your body a gift today...take the time to create a wonderful salad experience
...and listen to your family and friends rave about it!*

As you prepare and chop the vegetables, place each one on its own paper plate or bowl to drain. The consistency of the salad and the order of mixing the ingredients is very important. You will need a large bowl for mixing – this adds “air” to the mixture and helps keep the consistency light. The goal is to keep separate the moist ingredients from the dry ingredients until you are ready to mix them all together. Consistency of the salad should be loose, elements will fall off your fork...not dry, not wet. You can then transfer the salad to a small container when finished mixing. Remember to let the salad rest a bit to enrich the many flavors!

Depending on your taste preference, this recipe can be made sweet or salty, hot or mild. It is eye-appealing and flavorful.

ORDER OF PREPARATION AND MIXING

Assemble and wash all fresh ingredients before beginning.

This is for taste and also to rinse the vegetables of dirt, pesticides and toxins.

TIP

After cutting ingredients, place each one on a paper plate or bowl to drain.

INGREDIENTS

White Albacore Tuna Geisha brand, packed in water, 4 oz. (standard size)

Empty contents onto a double paper plate, drain tuna completely

With a straight edge knife, chop the tuna up like an onion, for about 30 seconds

Set aside on a clean paper plate

1/2 Medium Sized Onion (sweet or vidalia)

Slice onion into 2 1/4" thick slices,

Dice up 1/8-1/4 inch size or to size preference

2 green onion stalks, or to taste

1 White Cabbage

Use long knife with a serrated edge

Take a wedge of cabbage off the top

Cut a 2 inch section off of the end or side of cabbage at its thickness point.

Chop this into pieces no larger than 1/2 inch, then julienne (cross cut)

2-3 Robust, white walnut sized radishes, choose those that are not translucent

Cut radishes in half, then in thirds, vertically

Slice them down like a coin, then cut them into slivers

1 stalk Celery, 9 inch or more

Cut into 2 pieces the same length then cut lengthwise to 1/4 inch.

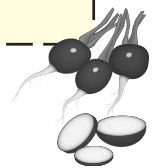
Dice, then cross-cut

Raw Cashews, 6-9 or handful

Cut or smashed or wedge cut them with the flat side of knife.

TIP

You can use the leaves of the celery in your recipe, but this will give the salad a more bitter flavor.



TIP

When cutting the cashews, use a very sharp knife and take your time, (about 2 minutes). The cashews will have better flavor when handled this way.



Small to medium sized Pickle, dill or sweet

Slice pickle lengthwise and remove seeds. Dice up the stout part of pickle

Curry (can replace with marsala, 1/4 tsp.)

1/4 to 1 teaspoon

Fresh Ginger

Cross - inch by inch size; you will end up with a cube of ginger

Peel, then cut a side off and slice in quarters

Dice/mince remaining pieces

Fresh Garlic

Peel amount desired and smash with side of a knife to express juices

Mince

Green, red or yellow pepper (or all three)

1/4 - 1/2 of pepper, dice to smaller than onion

Olives

6 Black or 3-4 Green, preferably with pits

Using a small chopping knife, hit olive and roll it, the pit will loosen enough to remove

Dice up any way you like

Can mix black and green olives together

Red Pepper, dried, crushed

1/4 teaspoon

Paprika

1/2 teaspoon

Gardinière, Hot Peppers, oil based

Flavor to your taste - go easy for your first tuna salad adventure

For Hotter taste, use – 2-3 tablespoons

For Milder taste, use – 1 tablespoon

Olive oil

2 tablespoons for whole salad

1/2 Sundried peach and/or 1 whole apricot

Julienne - cross-cut the fruit, 3 or 4 times for each

Consistency will be sticky

TIP
The addition of a high quality curry will add flavor to the salad. Pre-measure and sprinkle onto a paper plate, 1/4 tsp will coat bottom of the measuring spoon. Quickly whisk into ingredients about 5 seconds.

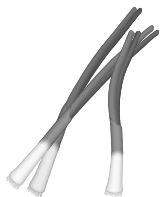


TIP
Larger cloves of garlic are sweeter, less pulpy - do not substitute elephant garlic, it is of lesser quality.

TIP
Olive oil will add balance to your salad. It emulsifies, blends and coalesce the flavors.

Use a large bowl for mixing – this adds “air” to feed the mixture

Order of placing ingredients in bowl



- Tuna
- Onions
- Celery & radishes – mix lightly for 5 seconds
- Peach or apricots – mix lightly
- Salad with be of a “slightly dryer” consistency
- Garlic
- Green or red/yellow pepper

Mix lightly

Add Cashews

OPTIONAL
For sweeter version of the salad: Place 2 tablespoons of honey in a small bowl. Add lemon juice and lime juice to honey. Add to salad in the order specified.



Start adding the wet ingredients, but do not mix yet

- Pickles
- Curry

Mix lightly

Add wet ingredients

- Yellow mustard (basic, not gourmet)
- Squirt bottle-5 seconds of mustard over salad
- Jar - 2 tablespoons

- Miracle Whip or favorite Mayonnaise on top of salad
- 2 heaping tablespoons

- Lemon & Lime juice (see tip)
- Sprinkle over salad, squirt 5 seconds or 5 squirts, 1001, 1002...each

- Gardiere
- Olives

- Kosher Salt
- Add to taste (this will express liquid and make flavor jump)
- Salt free diets can add 1/4 tsp salt

Fresh ground pepper, 1/4 tsp.

Now Add Cabbage

- Optional - Add Garlic Salt - use 4 shakes of the container
- Olive Oil

Mix lightly/fold ingredients

Add Pinch of Dill Weed if desired

OPTIONAL

Can use fresh lemon and lime if preferred.

1 Fresh lime
Cut in fourths, squeeze every bit of juice. Peel 1/4 worth of lime and dice up small and sprinkle over salad

1 Fresh lemon
use 1/2 to whole lemon - depending on juice content

Salt free diets can add 1/4 tsp salt!

OPTIONAL

Trader Joes Shredded Parmesan Cheese
1/2 of handful on top after mixing.
Adding the cheese will make a "hardier" salad.

Transfer salad to smaller container and sprinkle dill weed on top.

Serve and enjoy!

Eat salad just as it is...

You are what you eat
You are what you everything

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