

**Bean & Tuna Appetizer**  
(Fagioli Toscani con Tonno)

**INGREDIENTS:**

Servings: 2 people

Dried white beans	75 g
Small garlic clove	1
Fresh rosemary sprig	1/4
Small bay leaf	1/4
Cracked white peppercorns	1 tsp
Salt	1 tsp
Small onion	1/2
Extra-virgin olive oil	2 tbs
Freshly ground black pepper	1 tsp
7 oz can of solid tuna in water	1

Servings: 4 people

Dried white beans	150 g
Small garlic cloves	2
Fresh rosemary sprig	1/2
Small bay leaf	1/2
Cracked white peppercorns	2 tsp
Salt	1 tsp
Small onion	1/2
Extra-virgin olive oil	3 tbs
Freshly ground black pepper	1 tsp
7 oz can of solid tuna in water	1

Servings: 6 people

Dried white beans	200 g
Garlic cloves	2
Fresh rosemary sprig	1/2
Bay leaf	1/2
Cracked white peppercorns	2 tsp
Salt	1 tsp
Small onion	1
Extra-virgin olive oil	3 tbs
Freshly ground black pepper	1 tsp
7 oz cans of solid tuna in water	2

Servings: 8 people

Dried white beans	300 g
Garlic cloves	3
Fresh rosemary sprig	1
Bay leaf	1/2
Cracked white peppercorns	1 tbs
Salt	1 tsp
Small onion	1
Extra-virgin olive oil	50 ml
Freshly ground black pepper	1 tsp
7 oz cans of solid tuna in water	2

Servings: 10 people

Dried white beans	350 g
Garlic cloves	4
Fresh rosemary sprig	1
Small bay leaf	1
Cracked white peppercorns	1 tbs
Salt	1 tsp
Onion	1
Extra-virgin olive oil	75 ml
Freshly ground black pepper	1 tsp
7 oz cans of solid tuna in water	3

Servings: 12 people

Dried white beans	400 g
Small garlic cloves	5
Fresh rosemary sprigs	1 1/2
Bay leaf	1
Cracked white peppercorns	1 tbs
Salt	2 tsp
Onion	1
Extra-virgin olive oil	100 ml
Freshly ground black pepper	1 tsp
7 oz cans of solid tuna in water	3

**TOOLS:**

Colander  
Heavy pot  
Chef's knife  
Cutting board  
Small knife

**PREPARATION:**

*Peel and crush the garlic. Chop the onion.*

Wash and pick over the beans. In a heavy pot, cover with water, bring to boil, turn off heat and let soak for 45 minutes. Drain water, cover with fresh water, adding garlic, rosemary, bay leaf, white pepper, and salt. Cook until beans are just done. Drain. Toss with onion, black pepper and olive oil.

Arrange beans on a platter. Open tuna and drain. Break into small chunks and arrange over beans. Serve with bread.

This recipe was taken from the Journal of Italian Food & Wine © Holiday 1994.