

Tuna Melt Panini Sandwich Recipe

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Say goodbye to boring sandwiches with this Tuna melt Panini Sandwich recipe.

Sandwiches have come a long way since we opened our first eatery, a little hole in the wall Submarine sandwich shop. It was put together by homemade labor and sometimes held together by duct tape.

This Tuna Melt panini sandwich recipe was inspired by a tuna sub sandwich that was on the menu and very popular. In this level up recipe I added the salty brine flavored and artichoke hearts.

In the sandwich shop we used foot long white or wheat sandwich rolls especially made for us. Now with so many flavors and flour blends the choices are endless!!

What I used To Use To make this tuna melt panini sandwich

We all need two good quality grill pans, one flat surface and one ridged.

In this Tuna Melt Panini Sandwich recipe I used my cast iron ridged one. I use this one when I want the grilled panini effect and grilling meat in doors, and the flat one when I don't.

The tuna I used was Albacore white tuna, the same brand we used in the restaurants. Really though does anyone use the old stuff anymore?

The bread you use in this sandwich or any sandwich or panini is important, since traditional sandwiches and most panini recipes mainly are made up of some kind of filling sandwiched together by two slices of bread.

In this recipe I used a sliced and seeded multi grain, you can use any bread that fits your lifestyle and taste.

You may have noticed salt wasn't in the ingredient list in this tuna recipe, that's because canned tuna tends to be salty.

And one more thing I use is your comments to better answer your food questions, please leave me one .

Ingredients

- 2 cans Albacore tuna packed in water
- 1/2 chopped red onion
- 1/2 cup chopped celery
- 1/4 cup drained capers
- 1/4 cup chopped artichokes
- 1/2 cup mayonnaise
- 1 Tb. Dijon mustard
- 1 Tb. juice from the capers
- Freshly ground black pepper

Instructions

1. Drain the tuna over a fine wire strainer pressing to extract all the water
2. In a medium bowl mix the mayonnaise, mustard, caper juice and black pepper
3. Add the capers and artichokes
4. Mix in the tuna breaking it up with a fork

5. Lightly butter 4 slices of multi grain bread
6. Heat skillet over medium heat add 2 slices of the bread buttered side down top with the tuna, cheese cover with the other slice buttered side up
7. Grill until well browned on medium low heat about 5 minutes
8. With a spatula flip, pressing the panni down with the back of the spatula and grill on the other side until golden