



Spiced Tuna Steaks

Here's a quick and easy dish that borrows some flavors from Africa. I've used ground cumin and coriander, but for a nice twist on this, start with whole cumin and coriander seeds, toast the seeds, then grind in a mortar and pestle or spice grinder.

2 lbs boneless tuna steaks, about 1 inch thick (Ahi or other red tuna meat is good)
1 yellow onion, thinly sliced
4 cloves of garlic, minced
1 jalapeño or serrano pepper, diced fine
Olive oil
1 tsp ground cumin
½ tsp tumeric
1 tsp ground coriander
Salt and pepper

Preparation:

1. Mix together the spices, including salt and pepper to taste, in a small bowl.
2. In a sauté pan, cook the onion, garlic and pepper until the onion has started to get transparent, about 5 minutes, stirring often.
3. Turn the heat up to high, and add the tuna steaks. Sprinkle some of the spice mixture on the tuna steaks. Tuna is usually cooked rare, no more than 1-2 minutes on a side or it will overcook and dry out. Turn the tuna, and sprinkle the remaining spice mixture on the steaks.
4. Remove from the pan, garnishing the steaks with the now caramelized onion/garlic/pepper mixture.

Yields 4 servings.

Yes, it's fish, but the tuna has a strong flavor and structure, and the spices will likely overwhelm most white wines. We paired this dish with a 2005 Storybook Mountain Vineyards Napa Estate Mayacamas Range Zinfandel.

Recipe developed May 09 by Larry. Enjoy!