



Seared Florida Tuna Steaks with Mediterranean Relish

Ingredients

- 4 6-ounce tuna steaks
- 1 Cup kalamata olives, pitted, sliced
- 3 Cloves fresh garlic, minced
- 1 Cup grape tomatoes, halved
- 2 Tablespoons capers, drained
- ¼ Cup fresh herbs (basil, parsley), hand torn
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons olive oil
- ½ Cup feta cheese, diced
- Sea salt and fresh ground pepper to taste

Preparation

In a medium-sized mixing bowl combine olives, garlic, tomatoes, capers, herbs, lemon juice, olive oil and feta cheese. Lightly stir ingredients to combine. Taste and adjust seasoning with salt and pepper. Preheat a medium-sized sauté pan over medium-high heat. Season both sides of the tuna steaks lightly with salt and pepper. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the tuna steaks to the sauté pan. Cook tuna steaks to preferred doneness (tuna cooks very quickly, and is usually served rare). To serve tuna, slice each steak in half and plate them with even amounts of relish on top.

Yield

4 servings



Florida Yellowfin Tuna Nicoise

Ingredients

- 4 4-ounce tuna steaks
- 2 Tablespoons olive oil
- Sea salt and cracked black pepper to taste
- 8 Ounces French cut green beans, ends trimmed and cooked
- 1 Cup cherry tomatoes, cut in half
- Vinaigrette dressing, lemon or mustard
- 2 Heads romaine lettuce, cut in half lengthwise
- 1 Cup Kalamata or nicoise olives, pitted
- 4 Eggs, hard-boiled and sliced
- Herbed goat cheese (optional)
- Fingerling potatoes, boiled and cut into quarters (optional)
- Asparagus spears, cooked (optional)

Preparation

Season the tuna on both sides with salt, pepper. Heat olive oil in a sauté pan over high heat; add tuna steaks and sear for 2 minutes on each side for medium rare. Remove from heat and slice thin. Set aside to cool. In a medium bowl, toss the vegetables with vinaigrette dressing. Place romaine lettuce on plates and arrange the vegetables, olives and egg slices around the greens toward the outside of the plate. Place the tuna steak on top of the greens. Drizzle a small amount of vinaigrette over the tuna and vegetables. If using goat cheese, crumble a small amount on top of the tuna. Nicoise salad should be served at room temperature or cold.

Yield

4 servings



Peppercorn Crusted Florida Tuna Steak with Sweet Potato Fries

Ingredients

- 4 6-ounce tuna steaks
- Oil for cooking
- 3 Large sweet potatoes, peeled and sliced into fries
- Sea salt and fresh ground pepper to taste
- 4 Tablespoons peppercorn blend, crushed or course ground
- 1 Lemon, quartered
- 4 Sprigs fresh herbs (thyme, rosemary), for garnish

Preparation

Preheat oven to 375 degrees. In a medium-sized mixing bowl, add sweet potato, 1 tablespoon oil, and season with salt and pepper. Toss ingredients to coat. Evenly distribute the seasoned fries on a full-size cookie sheet. Place cookie sheet on the middle rack in the preheated oven. Cook fries for 15 to 25 minutes or until fries are golden brown and tender. Remove from oven and serve immediately. Preheat a large-sized sauté pan over medium-high heat. Season both sides of the tuna steaks with salt and course ground pepper. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the tuna steaks to the sauté pan. Cook tuna steaks to preferred doneness (tuna cooks very quickly and is usually served rare). Serve tuna steaks with sweet potato fries and garnish with lemon and fresh herbs.

Yield

4 servings