

Seared Ahi Tuna with Cinnamon Bark-Pepper Crust



Ahi and crust

1 1/2 pounds center-cut ahi tuna or 4 (4 to 6 ounce)
1-inch thick sushi quality tuna steaks
1 teaspoon coarse kosher salt
3 tablespoons cracked black peppercorns
5 tablespoons ground cinnamon stick*
3 tablespoons extra virgin olive oil

4 cups arugula or watercress

**grind cinnamon stick in a small coffee bean grinder:
first break it into small pieces, then pulse slightly until
coarse.*

Serves 6-8.

To prepare the tuna:

If using the center-cut ahi, trim and cut the tuna into a block approximately 2 inches across, then cut into 1-inch steaks.

Combine the coarse ground cinnamon and the cracked black pepper. Lightly oil and salt the tuna with 2 teaspoons of the olive oil. Evenly coat the tuna with the cinnamon-pepper mixture, patting off any excess.

In a heavy-bottomed sauté pan or a cast-iron pan, heat the remaining 1 tablespoon olive oil. Increase the heat to high and place the tuna in the pan. Sear for 1 minute, then turn over carefully, reducing the heat to medium. Sear the other side for 1 more minute until medium rare. Remove from heat and immediately refrigerate the tuna for at least 1 hour but no more than 3 hours.

To prepare mango-pineapple relish:

Combine all ingredients. Separate half of the mixture and puree: this portion of the mixture is to be used as the salad dressing. Set aside.

To serve:

Arrange the greens on chilled individual serving plates. Drizzle with mango dressing. Thinly slice the tuna and arrange on top of the dressed greens.

Recipe by Gerard Viverito, Director of Culinary Education, Passionfish (www.passionfish.org)

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