

Ahi Tuna w/ Wasabi-Lime Vinaigrette

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Making the Vinaigrette

To make the vinaigrette, thinly slice the green onion on the bias. Finely julienne the pickled ginger and squeeze half of the lime into a bowl. Add the wasabi powder and mix to combine. Then add the vinegar, sugar, salt and olive oil and whisk. To finish, stir in the pickled ginger and green onions.

Step 1: Making the Vinaigrette

- 1/2 green onion
- 1 tsp pickled ginger
- juice of 1/2 lime
- 1 1/2 tsp wasabi powder (or to taste)
- 1 tsp rice wine vinegar
- 3/4 tsp sugar
- 1/4 tsp sea salt
- 3 tbsp extra-virgin olive oil

Cooking the Tuna

To prepare the tuna, cut it into 2 equal pieces, if necessary. Liberally coat the cutting board with coarsely ground pepper and Kosher salt. Coat the tuna with a touch of olive oil. Next, roll the tuna in the salt and pepper and gently press it so it sticks. Then set aside, while you preheat a fry pan to medium-high heat.

Once the pan is properly heated, add a bit of oil and then add the tuna. Ahi tuna is generally served very rare, so cook each side just until the edges just start to change color and form a golden crust. Flip and sear each side. Once all of the sides are evenly browned, place onto a cooling rack and let cool while you prepare the garnish.

Step 2: Cooking the Tuna

- 1/2 lb Ahi Tuna
- 1 tbsp coarsely cracked black pepper (approx.)
- 1tsp sea salt, or to taste
- 1 tsp extra-virgin olive oil
- grapeseed oil (for searing)

Slicing the Tuna

Once the tuna has cooled, slice and set aside while you prepare the garnish.

Step 3: Slicing the Tuna

Assembling and Serving

For the garnish, lightly coat the pea shoots with a bit of olive oil. Season with a touch of salt and toss.

To serve the dish, place a small bunch of pea shoots onto a plate. Garnish with a bit of pickled ginger and then fan a few slices of tuna beside it. Drizzle with some of the vinaigrette and serve.

Step 4: Assembling and Serving

- 1 cup pea shoots (approx.)
- 1 tsp extra-virgin olive oil (approx.)
- sea salt, to taste
- pickled ginger (for garnish)