

PEPPER CRUSTED AHI

Yield: Makes 4 servings

INGREDIENTS

1 teaspoon basil, chopped
4 teaspoons thyme, chopped
4 tablespoons cracked black pepper
21 ounces Ahi tuna steak, cut into 7-ounce portions
3 ounces olive oil
4 baby bok choy, cut into quarters
2 teaspoons wasabi paste
2 cups fish stock
4 ounces soy sauce

PREPARATION

Mix the basil, thyme and the black pepper together. Season the tuna with the mixture.

In a hot sauté pan, add the olive oil and sear the tuna until cooked rare or to desired temperature. Remove the tuna. Then add the bok choy with the wasabi, fish stock and the soy sauce to the hot sauté. Reduce the stock by a quarter. Remove from heat and ladle the soy wasabi broth into the bowls and place the cooked tuna on the top of the bok choy.

