

Pepper Crusted Ahi Tuna

If you want a quick meal that makes you look like a professional chef sear some ahi tuna steaks. Make sure you buy the freshest piece of ahi possible; the fresher the fish the better the taste. The middle of the ahi tuna will remain pink so don't think it's undercooked. An easy way to crush the peppercorns is to simply place them in a heavy plastic bag and using a meat tenderizer crush the peppercorns. The more crushed peppercorns the hotter the dish. This dish can easily be served with a bold red wine due to the spiciness of the preparation. The *Syan Reserve Shiraz* would work extremely well with its full-bodied seductive palate which is rich and concentrated and packed with chunky jammy dark berry fruits and tantalizing undertones of freshly cracked pepper and vanillan oak.

Ingredients:

4 ahi tuna steaks - about a 1/2 lb. each
1/4 cup oil
1/2 tsp salt
1 tsp black peppercorns, crushed
1 tsp green peppercorn, crushed
1/2 tsp white peppercorn, crushed
1/2 tsp pink peppercorn, crushed

Directions :

Heat a heavy frying pan or a cast iron pan over high heat for 3 to 5 minutes. Place the oil on a plate. Place the crushed peppers on a separate plate. Dip the ahi tuna in the oil making sure both sides are coated. Dip the oil coated ahi tuna in the pepper covered plate. Make sure each side is lightly crusted. Sprinkle each side with salt to taste. Place the ahi tuna in the heated pan and cook on each side for 1 1/2 minutes. Cover the pan and remove from the heat. Let the ahi tuna sit for 3 to 5 minutes before serving. Serves four.