

Tellicherry-Crusted Tuna with Apple-Onion Coulis

For Brussel Sprout Slaw:

- 1 lb. Brussels sprouts
- 8 oz. yogurt
- 4 oz. mayonnaise
- 1/4 cup white balsamic vinegar glaze
- 2 tbsp. apple cider vinegar
- salt and pepper to taste

For Apple-Onion Coulis:

- 1 tart apple such as Granny Smith
- 1 sweet onion
- 1 tbsp. apple cider vinegar
- 1 tbsp. sugar
- 2 tbsp. salt
- 1 1/2 cups water
- 2 oz. butter

For Mushrooms:

- 2 tbsp butter
- 2 cups chopped mushrooms (I like shiitake)
- 1/4 cup white wine to deglaze

For Tuna Steaks:

- Tellicherry peppercorns, cracked or coarsely ground, you probably need about 1-1/2 cups for a 1-1/2 lb of tuna
- canola oil
- 2 tbsp. red miso
- 2 tbsp mirin

Preparation:

1. Thinly shave the Brussels sprouts (I like to use the shaving blade of my Cuisinart on the the thinnest setting), but you can use a mandoline as well, season with kosher salt, and toss with apple cider vinegar. Let sit for at least 30 minutes.
2. Mix the yogurt, mayo and herbs together along with white balsamic vinegar and reserve until ready to dress the slaw before serving and add additional salt and pepper to taste.
3. Slice the apple and onion in wedges and add to vinegar, sugar, salt and water in a small sauce pan. Simmer until almost all the liquid has evaporated and boiled off, avoiding browning the apples and onions. Place the mixture in a food processor and pour back into sauce pan, melt butter and keep warm until ready to serve. You can gently reheat.
4. In a small saucepan, heat butter and gently sauté mushrooms until tender. Deglaze with wine and continue to sauté until all liquid is absorbed. Season with salt and pepper.
5. Make a paste out of the miso and mirin and gently rub the tuna with the paste so it is covered (sides as well). Next, cover tuna steaks with cracked Tellicherry peppercorns. In a good sauté pan (cast iron works well), heat the canola oil and sear the tuna for about 2-3 minutes per side. You will see the tuna turning white around the edge. If you prefer your tuna cooked more, you can place the pan in a 375 degree oven for another few minutes .

To serve:

Spoon and spread the coulis on a plate, and thinly slice the tuna and place on top of coulis. Place some slaw on the plate and some sautéed mushrooms alongside. Garnish with any extra herbs to brighten your plate. Enjoy!

