



AHI TUNA *AU POIVRE*

Trefethen



INGREDIENTS

- 1 1/2 lb fresh tuna, cut into 6 steaks about 1-inch thick
- 1/2 tsp coriander seeds, lightly toasted and ground
- 1/2 tsp fennel seeds, lightly toasted and ground
- 2 tsp black peppercorns, coarsely crushed
- 2 Tbsp Trefethen extra virgin olive oil
- 1 Tbsp butter
- 2 shallots, finely diced
- 1/2 cup Trefethen Cabernet Sauvignon
- 2 1/2 cup vegetable broth
- salt and pepper to taste

PROCEDURE

1. Season tuna steaks with salt and sprinkle with coriander, fennel, and black peppercorns. Drizzle with olive oil and rub to coat evenly with spices on both sides. Let marinate at room temperature for 15 minutes.
2. To make the Cabernet sauce, melt butter over medium-high heat and add shallots. Stir and cook until lightly browned, about 2 minutes. Add wine and simmer until reduced by half. Add broth and reduce until 1 cup sauce remains, about 10 minutes. Season with salt and pepper, then set aside and keep warm.
3. Set a wide cast-iron skillet over medium-high heat. **IMPORTANT** – Be sure pan is very hot, then lay steaks in pan and sear for 2 minutes until nicely browned. Flip and cook 1 minute more for rare, 2 minutes for medium-rare.
4. Arrange tuna on your favorite plates and spoon wine sauce over each steak.

TREFETHEN WINE PAIRING

Cabernet Sauvignon: *Ripe, focused flavors of cherry, boysenberry, and blackcurrant are complemented by soft notes of cedar, bay leaf, and a savory earthiness.*