



316 N. SPRING STREET • WINSTON-SALEM, NORTH CAROLINA • 27101

Pan-Seared Tuna with Ginger-Shiitake Cream Sauce

From *The Bon Appétit Cookbook* by Barbara Fairchild (2006) • Makes 6 Servings

Ingredients

- 6 6-oz tuna steaks (each about 1 inch thick)
- 2 Tbl peanut oil
- 3 Tbl butter
- ½ C thinly sliced green onions
- ¼ C chopped fresh cilantro
- 2 Tbl finely chopped peeled fresh ginger
- 4 garlic cloves, chopped
- 8 oz fresh shiitake mushrooms, stemmed, caps sliced
- 6 Tbl soy sauce
- 1½ C whipping cream
- 3 Tbl fresh lime juice

Preparation Instructions

- 1. PREHEAT** oven to 200°F. Sprinkle one side of tuna steaks with freshly-cracked black pepper. Heat oil in heavy large skillet over high heat. Place tuna steaks pepper side down, in hot oil, and sear 2 minutes (or less for rare tuna). Turn tuna over and continue cooking to desired doneness, 1 to 2 minutes for rare. Transfer tuna to rimmed baking sheet; keep warm in oven.
- 2. ADD** butter, green onions, cilantro, ginger, and garlic to same skillet; sauté until fragrant, about 30 seconds. Mix in mushrooms and soy sauce; simmer 30 seconds or more. Add whipping cream and simmer until sauce thickens enough to coat spoon, about 3 minutes. Stir in lime juice. Season sauce to taste with salt and pepper. Spoon sauce onto plates; arrange tuna atop sauce. Garnish with lime wedges and fresh cilantro sprigs, if desired.