



GEORGE  
CHIALA'S  
RECIPE  
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Recipe 100

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## Seared Ahi Tuna with an Herbed Lavender-Pepper Crust

### PREPARATION

- 1 - Trim and cut the tuna into a block approximately 2 inches across; then cut into 1-inch steaks.
- 2 - Crush the salt, peppercorns, fennel seeds and lavender with a mortar and pestle or a rolling pin.
- 3 - Lightly oil the tuna with 2 teaspoons of the olive oil; evenly coat the tuna with the lavender-pepper mixture, patting off any excess.
- 4 - In a cast-iron pan, heat the remaining 1 tablespoon olive oil.
- 5 - Increase the heat to high and place the tuna in the pan. Sear for 1 minute, then turn over carefully, reducing the heat to medium. Sear the other side for 1 more minute until medium rare.
- 6 - Remove from heat and immediately refrigerate the tuna for at least 1 hour but no more than 3 hours.
- 7 - Make dressing by preheating oven to 375°F.
- 8 - Placing mustard seeds in a baking pan and roast for a couple of minutes (watch carefully to ensure the seeds do not burn).
- 9 - Remove from oven and let cool.
- 10 - Whisk all the ingredients together and season to taste.
- 11 - Plate and serve once ahi has chilled.

### Seared Ahi Tuna with an Herbed Lavender-Pepper Crust

Cook's Note: Lavender imparts wonderful flavor to this classic seared ahi tuna recipe. Paired with greens or wild rice, this delicious, versatile dish is an excellent way to enjoy the last days of summer.

Bon Appétit  
-George



### INGREDIENTS

#### For Ahi Tuna

- 1 1/2 lbs center-cut fresh ahi tuna
- 1 teaspoon sea salt
- 2 teaspoons black peppercorns
- 1 teaspoon white peppercorns
- 2 teaspoons fennel seeds
- 1 1/2 teaspoons dried lavender flowers

#### For Dressing

- 4 tablespoons prepared whole grain mustard
- 2 tablespoons extra virgin olive oil
- 2 teaspoons toasted mustard seeds
- 2 tablespoons seasoned rice vinegar
- 3 tablespoons vegetable stock
- 1 teaspoon honey
- sea salt
- freshly ground black pepper

### COOK'S NOTE:

Lavender imparts wonderful flavor in this classic seared ahi tuna recipe. Paired with greens or wild rice, this delicious, versatile dish is an excellent way to enjoy the last days of summer.

Bon Appétit!  
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