

Ahi Tuna

Cooking Instructions:

Defrosting - Put the tuna still in its vacuum pouch in a bowl and place the bowl under warm running water for 5 minutes on each side totaling 10 minutes. Please don't let the tuna come into direct contact with water. Please do not keep defrosting under the running water for too long (Remove the bowl from the running water as soon as the surface of the tuna starts to turn red). Remove Tuna from pouch. Wipe off any excess moisture on the surface of the tuna with a piece of paper towel. Place the tuna in a container and seal the container with some plastic wrap to prevent the tuna from drying out. Continue to defrost under refrigerator for about 12 hours.

Cooking instructions:

To Grill - Get a cast iron pan really hot (in oven or grill). Brush steak with olive oil and the seasoning of your preference and place in hot cast iron pan. Sear each side for 2 to 2 1/2 minutes. The center should be raw, like sushi, or the tuna will be tough and dry. Rest for 5 to 10 minutes and serve.



To Broil - Pre-Heat broiler. Place thawed steak on greased broiler pan and brush with melted butter, oil, or with your favorite seasoning. Cook 6 inches away from heat for approximately 8-10 minutes depending on thickness. Steak should still be pink in the middle. Avoid overcooking.



To Bake - Pre-Heat oven to 375°F. Add 2 tablespoons of olive oil in a baking dish. Rub thawed steak with seasoning and place in baking pan. Add some more olive oil on top and seasoning. Bake on the center rack for approximately 30 minutes or until fish flakes easily with a fork. Baste with seasoned oil mixture a couple of times during baking.



Sushi - Cut steak into 1/4 inch thick slices and use in making sushi rolls or in sashimi.



To Microwave - Add about 1/4 cup of water in the microwave pan for each pound Tuna. Cook the tuna on high power for about 45 seconds per side of before checking for doneness. The tuna is cooked when it flakes easily or has reached 145°F on an instant-read thermometer.



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