

Pan Seared Ahi Tuna



Serves 4-5 ppl

Ingredients:

- 2 lb Ahi tuna loin
- 2 Tbsp vegetable oil

For the rub/crust:

- 1 Tbsp paprika
- 2 teaspoon salt
- 1 teaspoon garlic powder
- 2 teaspoon black pepper
- 2 teaspoon onion powder

- 2 teaspoon cayenne pepper
- 2 teaspoon dried leaf oregano
- 2 teaspoon dried thyme
- A heavy-bottomed pan big enough to cook your whole loin Cast Iron for best results

Method:

1. Pat your loin dry so that your crust will adhere.
2. Rub with a bit of olive oil then season with sea salt, then roll in your crust rub.
3. Heat your pan for 4 minutes, then add oil.
4. When it shimmers, lay your loin on the pain and LEAVE IT ALONE for 1 minute per side. 2 if you want it less rare. Your crust will get dark and crispy, this is good.
5. Turn and repeat so the outside is uniformly cooked.
6. Remove and slice crosswise into 1/3" slices with a very sharp (serrated works well) knife.
7. Serve atop rice, potatoes, seaweed salad or roasted veggies. Look at you! Fancy-pants.

Wine pairing recommendation try a light Pinot Noir something from Washington, Oregon or Germany