

# Seared Ahi Tuna, Resting in Beurre Blanc

A light tuna dish that is quick & easy, filled with flavor, finished with a tangy citrus butter sauce

Beurre Blanc	1-1/2 sticks butter Dry white wine, ¼ cup White wine vinegar, ¼ cup Minced Shallots, 4 tablespoons Sea Salt, ½ teaspoon White or black pepper, ½ teaspoon Lemon or lime, fresh, Qty. (2)
Tuna	Fresh Tuna steaks, 2+ inches thick Olive oil, 2 tablespoons Butter, 1 tablespoon Frugé Cajun Seasoning <i>Sea Salt</i> Black pepper
Balsamic	You can purchase bottled balsamic reduction, ready to use. Or reduce your own.

Remove your tuna from packaging, gently rinse, and pat dry with paper towels. Set aside.

**Beurre Blanc.** Take the stick and a half of butter and cut it into 12 separate TB, then put back into the fridge to keep it cold. Using a sauce pan on low heat add the white wine and vinegar. Mince one whole shallot, or 4 TB, and add to sauce pan. Add ½ tsp sea salt and ½ tsp pepper. Take (1) fresh lemon or lime and roll it on the counter, putting pressure, to help create juice. You can microwave it for 30 seconds after. Cut the fruit in half then squeeze all of the juice into the pan. Stir well. Increase the heat to medium high, and let simmer / lightly rolling boil until the liquid reduces by about half. At that time, remove your butter from the fridge. Cut the heat, and add 2 TB of butter, continuing to stir. Once those melt, add 2 more TB of butter, continuing to stir. Add 4 TB and stir. Add the final 4 TB while continuing to stir. This is an emulsion sauce. As the butter slowly cools the sauce and you continue to stir, the sauce pulls together. Once complete, you can transfer the sauce to a bowl or leave within the pan. *Note: It will solidify with time, but can still be used in the future if you like. GREAT on chicken as well.*

**Tuna.** In a medium pan, add 2 TB of olive oil and 1 TB butter. Bring to low heat to slowly melt butter. Season your tuna with *Frugé's Cajun Seasoning* on both sides. Bring the pan up to medium high heat. Add your tuna steaks, and sear for 2 minutes on EACH side. While the tuna is cooking, prepare your plate (or before starting the Tuna in the pan). Add a pool of Beurre Blanc on the plate, then drizzle drops or run a strip of balsamic reduction across the front crescent section of the plate, in the Beurre Blanc. You can then use a spoon to drag through the balsamic, creating a leafy ivy looking design. Take the extra citrus, and cut two thin wheels for garnish. Slice the wheel halfway once cut, so you can fold it across the top of the Tuna.

Remove the Tuna from the pan, place on prepared plate, top with sea salt and light black pepper. Add the garnish. Serve immediately. Bon Appetite

