

**TOTAL TIME**

15 minutes

PREP TIME

10 minutes

COOK TIME

5 minutes

SERVES

1

COOKING LEVEL

Easy

RECIPE | PEPPERS

SEARED TUNA IN ESCABECHE

Recipe created by Trish Gill, The Chef Next Door**INGREDIENTS
(ESCABECHE)**

1 Pure Flavor® Aurora Sweets
Long Sweet Pepper, finely diced
1 shallot, finely diced
3 bay leaves
1 tsp ginger
1 tsp paprika
1 tsp pink peppercorn
½ cup green olives
¼ cup capers
2 cups olive oil
1 cup sherry vinegar

**INGREDIENTS
(SEARED TUNA)**

5 oz. ahi tuna steak
1 tbsp butter
2 tbsp olive oil
1 tsp salt
½ tsp pepper

DIRECTIONS**ESCABECHE:**

1. Stir together all ingredients

SEARED TUNA:

1. Heat butter and oil in a skillet over medium-high heat.
2. Season tuna with salt and pepper and add to the skillet.
3. Cook for 1 ½ minutes per side for rare.
4. Slice tuna and fan out on a plate.
5. Pour escabeche over tuna.

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