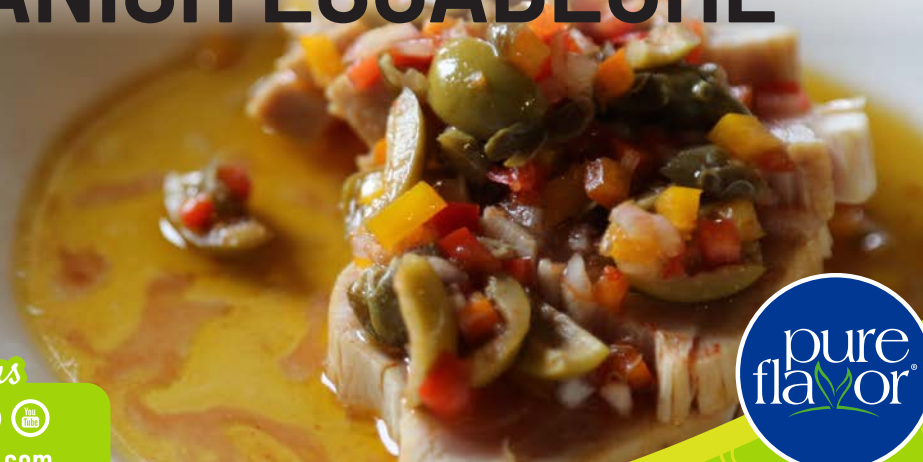


RECIPE | PEPPERS

# SEARED TUNA IN SPANISH ESCABECHE



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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

### 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.



### TOTAL TIME

15 minutes

### PREP TIME

10 minutes

### COOK TIME

5 minutes

### SERVES

1

### COOKING LEVEL

Easy