



Seared BC Albacore Tuna with Sweet and Sour Onions

by Don Genova

Serves 4

This is my take on a traditional Sicilian seafood dish, but instead of tuna steaks, uses BC Albacore loin, a high-quality product that is skinless and boneless. You buy it frozen, but when you thaw it (overnight in the fridge or under cold water for a couple of hours) the flavour is fresher than what you would get 'fresh off the boat', as the whole tuna are frozen at sea, then processed into loins without being thawed. You can eat it raw as sashimi, or lightly sear the outside as I have done here with a good rub of seasoning.

Ingredients:

For the tuna:

1 frozen skinless, boneless albacore tuna loin, thawed (about 1 pound)

Sea salt or kosher salt, freshly ground black pepper, and ground or smashed fennel seed, all to taste

For the onions:

5 tbsp. red wine vinegar

1 tbsp. sugar

1 large red onion, peeled and sliced into thin wedges

Extra-virgin Olive oil

To garnish: Several fresh mint leaves, sliced into ribbons

Square the ends of the tuna loin with a sharp knife so it is of even thickness throughout the loin. (dip the ends in some soya sauce and eat raw!) Season the tuna on all sides with the salt, pepper, and ground fennel. Set aside. In a small bowl, mix the vinegar, sugar, and a pinch of salt with a quarter-cup water.

Heat a heavy-bottomed or cast iron fry pan over medium heat. Add one or two tablespoons of olive oil and cook, covered, stirring occasionally, until the onions are soft. Add the sweet and sour liquid and stir often as the liquid evaporates and the onions begin to caramelize. Transfer to a bowl.

Clean the fry pan, and add some more olive oil. Turn the heat to high, and sear the tuna evenly on all sides, until the middle of the loin is rare to medium rare. Remove from heat and cut into half-inch slices with a sharp knife.

On each plate spoon some of caramelized onions, and top with the tuna slices. Sprinkle with the mint and serve immediately.

Don Genova is a Victoria-based food journalist and one of the team of cooking instructors at The London Chef. He is also the author of Food Artisans of Vancouver Island and the Gulf Islands. Follow him on Instagram or Twitter: @dongenova

