

GRILLED ALBACORE TUNA

4 - 8 oz tuna fillets

Pre heat the grill or pan to medium high heat

Pat the tuna dry with paper towel and season with salt and pepper

Place on the grill (or in a pan with a small amount of vegetable oil) and cook for about 30 seconds per side for a thin piece, or 45 seconds on each side for a thicker one.

The tuna should be cooked rare to medium rare or to your preferred doneness.

Serve with the tomato jam and the spiced slaw

Tomato jam

2 Shallots diced

1 Tbsp. crushed garlic

2 Tbsp. red wine vinegar

2 Tbsp. brown sugar

½ Cup tomato paste

½ Cup Tomato fillets

In a small pan on medium heat sweat garlic and shallot until fragrant and translucent

When the garlic and shallots are cooked, add the vinegar

Add sugar and let simmer for 2 minutes

Add tomato fillets and paste and continue to cook for 5 more minutes to reduce the sauce

Season with a pinch of salt and pepper

Red cabbage slaw:

¼ red cabbage sliced thin

¼ white onion sliced thin

1 medium carrot grated

Mix together and dress with the coleslaw dressing just before serving

Coleslaw dressing:

¼ Cup red wine vinegar

¼ Cup olive oil

1 Tsp. cumin

Pinch of salt

Combine well

