



Menu du Jour

04 Jul 05

Grilled Ahi Tuna Steaks
with Wasabi-Dijon Sauce

Smoked Corn & Avocado Salsa

Field Greens & Grape Tomatoes
with Mustard Sauce

Tarragon Carrots

Paired with Adea Chardonnay Willamette Valley 2000

(Serves two)

Grilled Ahi Tuna Steaks with Wasabi-Dijon Sauce

For best flavor, grill tuna to medium rare or medium. The steak should still be pink in the center. For this entrée, use on #1 or sushi-grade Ahi tuna. Because the marinade has an acid in it, do not marinate the steaks too long or they will begin to "cook" in the marinade.

2 sushi-grade Ahi tuna steaks, about 1-inch thick

Marinade:

1/4 cup tamari soy sauce

1/4 cup dry sherry

1 tablespoon fresh lemon juice plus 1/2 teaspoon grated lemon peel

1 clove garlic, minced

3 tablespoons olive oil

Arrange steaks in a shallow, non-reactive dish. Whisk together the marinade ingredients in a small bowl; pour over steaks. Cover with food film and refrigerate for 1 hour, turning occasionally. Remove steaks from marinade and pat dry. Season with coarse kosher salt and cracked black pepper. Reheat marinade in a small saucepan; simmer for 5 minutes.

Prepare grill for medium-high direct heat grilling. Place fish on a well-greased cooking grate and cook for about 3 to 4 minutes, basting with reheated marinade. Turn and cook for 3 to 4 minutes longer.

Chef's note: Be careful not to overcook the tuna steaks. They should be served medium-rare to medium.



Dijon-Wasabi Sauce

- 1 teaspoon freshly grated ginger
- 1 clove garlic, minced
- 2 tablespoons soy sauce
- 1/4 cup Dijon mustard
- 1 tablespoon Mirin or Sake
- 1 tablespoon dark brown sugar
- 1 tablespoon Wasabi paste
- 1/4 teaspoon toasted sesame oil

Combine the ingredients in a small bowl and whisk until incorporated. (Recipe may be doubled.)

Mixed Field Greens

- 2 cups mixed field greens
- 1 Red Delicious apple, cored and sliced
- 1/2 cup chopped walnuts
- 1 cup grape tomatoes
- Slice red onion (optional)
- Mustard Sauce (see below)
- Freshly cracked black pepper, to taste

Equally divide field greens onto 2 chilled salad plates and placed portioned sliced apples and chopped walnuts around plate. Divide grape tomatoes (and sliced red onion) between the two plates. Drizzle with Mustard Sauce. Season with freshly cracked black pepper.

Mustard Sauce

- 2 tablespoons Dijon mustard
- 3 tablespoons red wine vinegar
- 2 teaspoons extra virgin olive oil
- 1 teaspoon coarse kosher salt
- 2 tablespoons honey
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon minced green onion

Combine ingredients in a small mixing bowl and let flavors blend for at least 1 hour.



Tarragon Carrots

French tarragon (which is also called German tarragon) is sweet and aromatic, with a flavor of fennel, anise, and licorice. The herb should be used fresh because dried tarragon is usually very weak.

- 6 whole baby carrots, with 1-inch stems attached, scrubbed
or 3 medium carrots, scrubbed and bias-sliced 1/2-inch thick
- 2 tablespoons unsalted butter
- 1 tablespoon chopped fresh tarragon
- 1/2 teaspoon balsamic vinegar
- 1/2 teaspoon clover honey
- 1/4 teaspoon grated fresh ginger
- Kosher salt and cracked black pepper, to taste

In a medium saucepan over medium heat, boil the carrots in salted water until soft, about 6 to 8 minutes. Drain the carrots. Add remaining ingredients and stir until butter is melted and carrots are nicely glazed. Season carrots with salt and pepper.

Smoked Corn & Avocado Salsa

- 2 Hass avocados, diced
- 1 cup smoked sweet corn kernels
- 1/4 cup diced red onion
- 2 cloves garlic, pressed
- 2 tablespoons minced fresh cilantro
- Juice of 1 lime
- 1/2 teaspoon cumin
- 1/2 teaspoon freshly cracked black pepper
- 1/2 teaspoon coarse kosher salt

Combine all ingredients in a non-reactive bowl. Cover and refrigerate at least 2 hours before serving.
