

Seared tuna steak

HdeH

Serves: 2

Tuna

1 fresh tuna steak
Dash of vegetable oil
Kosher salt
Freshly ground black pepper
Sprinkle of white and black sesame seeds

Bok Choy

1 garlic clove, minced
2 large baby Bok Choy, quartered
1 tsp baking soda (keeps vegetable green)
Salt and pepper

Photography Henri T. de Hahn



1. Prepare in advance cherry sauce (see below)
2. In a medium pot, boil water with baking soda
3. When boiling, cook Bok Choy until al dente. Remove immediately and set in cold water to stop cooking. Remove, and set aside.
4. Heat non-stick skillet with nonstick butter cooking spray (or a drizzle of olive oil) over medium high heat.
5. Cook garlic and Bok Choy until nicely grilled.
6. Meanwhile, in another lightly oiled skillet, grill tuna steak over high heat until cooked to medium-rare or rare doneness. Salt and pepper as needed.
7. Remove from heat, slice tuna, and plate Bok Choy with cherry sauce on the side. Sprinkle tuna with sesame seeds.

Cherry Sauce

½ teaspoon grated lemon zest
3 tablespoons fresh lemon juice
½ cup fresh orange juice (or concentrated)
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
½ cup sour cherry jam
¼ cup orange marmalade
1 cup chicken stock
½ cup plus 1 tablespoon port wine
2 teaspoons cornstarch
Salt and freshly ground black pepper

1. **For Sauce.** Place lemon zest, lemon juice, orange juice, cinnamon, cloves, cherry jam, orange marmalade, stock and ½ cup port in a saucepan and gradually bring to a boil. Reduce heat to medium and simmer mixture whisking as needed, until jam and marmalade are dissolved, mixture is reduced by a third, and sauce is richly flavored, 10-15 minutes.
 2. Dissolve cornstarch in remaining 1 tablespoon port. Whisk this mixture into sauce and simmer until sauce thickens, 15 seconds. Season to taste with salt and pepper.
- NOTE: sauce can be set in freezer for future uses (chicken, duck, or salmon)