

Bigeye Tuna Steaks with Pearl Onions and Cashews (‘AHI)

Tuna is able to match with strong spice flavors. Sweet pearl onions glazed in sugar and wine are perfect with the spicy tuna. You may use frozen pearl onions to avoid peeling the fresh. Serve tuna steaks with steamed asparagus and mashed potatoes.

YIELD 4 SERVINGS

4 small white pearl onions, boiled
4 tuna steaks, about 5 ounces (142 g) each
1 teaspoon (5 ml) ground coriander
1 teaspoon (5 ml) ground cumin
1 teaspoon (5 ml) ground cinnamon
1 teaspoon (5 ml) cracked black pepper
Salt
2 tablespoons (30 ml) olive oil
1 teaspoon (5 ml) sugar
½ cup (125 ml) white wine
½ cup (60 g) unsalted roasted cashew halves
1 tablespoon (15 ml) chopped parsley

DIRECTIONS

Peel the onions and place aside. Season fish with spices and salt to taste. Heat olive oil in a skillet and sear fish on high heat about 3 minutes on each side. Remove fish from the skillet onto a plate and keep warm. Add onions, sugar, wine, and cashews to the skillet, stirring constantly cook on low heat to a glaze. Place fish back in the skillet and simmer for 1 minute. Strew parsley over and serve hot.

Bigeye is the most popular fish in the Hawaiian Islands. Bigeye and yellowfin caught in Hawaiian waters are both called ‘ahi. The bigeye is common in the tropical and subtropical Pacific, Atlantic, and Indian Oceans. Commercially they are caught in deeper, cooler water than yellowfin, by longline. Typically the smaller fish have long pectoral fins, the larger ones shorter pectoral fins.

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