
Grilled Hawaiian Tuna with Water Chestnuts, Lime and Tomato Salsa

*Chef David Shiplett - Pastel's Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 6

6 (7 to 8 ounce) tuna fillets
safflower oil, enough to coat the fish

TERIYAKI BASTING SAUCE

1/2 cup soy sauce
3 tablespoons brown sugar

2 Chopped green onions

SALSA

2 cups ripe tomato, diced small

14 cups sweet onion, diced fine

1 ounce hot sauce

1 cup water chestnuts, chopped

2 tablespoons cilantro

juice of one lime

Make the basting saice: Heat a saucepan, add the brown sugar, soy sauce and onion. Let the sugar melt. Then allow to cool.

Make the salsa: In a large bowl, combine all of the ingredients. Chill.

To prepare the fish: Allow the grill to get searing hot. Brush the fish fillet with oil, do not overdo it or your grill will flame up.

The tuna will cook for 2 to 3 minutes on each side depending on the temperature of the grill and according to your taste. As it is finishing, brush the basting sauce on..

Place the fish on a serving plate and sprinkle salsa on top to serv.

Seafood

Per Serving (excluding unknown items): 188 Calories; 1g Fat (3.8% calories from fat); 6g Protein; 42g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 1517mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 1/2 Other Carbohydrates.