
Grilled Tuna Steaks with Roasted Red Bell Pepper and Basil Sauce

*Chef Denis Cole - Banyan Restaurant, Ringling Museum of Art - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 6

6 one-inch-thick tuna steaks
1/4 cup extra-virgin olive oil
3 red bell peppers, roasted and chopped
1/2 teaspoon salt
1/4 teaspoon Tabasco sauce
1/2 teaspoon white wine vinegar
4 tablespoons heavy cream
1/4 cup fresh basil leaves, chopped finely

To roast the peppers: Char the peppers over an open flame for 4 to 5 minutes or until the skins are blackened. Transfer to a stainless steel bowl. Cover with plastic wrap. Let cool until cool enough to handle. Peel and discard the seeds and ribs.

To make the sauce: In a food processor or blender, puree the roasted peppers. Add the Tabasco, vinegar and salt. Blend until smooth. Transfer the puree to a small saucepan. Whisk in the cream and the fresh basil. Heat until warm but not boiling.

Cook the tuna steaks over a charcoal or gas grill for about 4 minutes per side. Baste with olive oil. Don't overcook the fish as it tends to become dry and tasteless.

(NOTE: You may substitute swordfish or shark for the tuna. The bright sauce makes a stunning appearance.)

Grilled, Seafood

Per Serving (excluding unknown items): 375 Calories; 21g Fat (51.6% calories from fat); 40g Protein; 4g Carbohydrate; 1g Dietary Fiber; 78mg Cholesterol; 250mg Sodium. Exchanges: 5 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.