

# Pink Salt and Peppercorn Crusted Tuna

Serves 4

## Introduction from Chef Richard Blais

The tuna is a fresh take on “au poivre” or in this case “au sel Rose”? I love how the salt brings out the flavors.

## Choosing the Right Salt

I use the Morton® Coarse Himalayan Pink Salt on the tuna to maintain some texture and crunch. For the chutney, or salsa if you will, I use Morton® Fine Himalayan Pink Salt in combination with some soy and aromatic ginger and garlic. The fine salt in the summer chutney dissolves easier and brings out the flavor of the other ingredients.

## Ingredients

*Tuna:*

- 4 pieces of tuna steak, 6-8 oz each
- 1 tablespoon Morton® Coarse Himalayan Pink Salt
- 1 tablespoon cracked black peppercorn
- 1 oz olive oil

*Quick mango & ginger chutney*

- 2 each Ripe mango, diced medium size
- 1/2 small Serrano chili, minced
- 1/2 small white onion diced small
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- 1 tablespoon white soy sauce
- 1 teaspoon Morton® Fine Himalayan Pink Salt
- 1 tablespoon sesame oil
- 1 orange juiced
- 1 teaspoon yellow mustard
- 1 tablespoon chopped mint
- 2 tablespoons sesame seeds

## Instructions

*Tuna:*

1. Rub the tuna steaks with olive oil and coat them with the Morton® Coarse Himalayan Pink Salt and peppercorn mixture.

2. Sear in a cast iron pan or griddle until golden on each side, around 4 minutes a side. The tuna should be medium rare.

*Chutney:*

1. In a pan, heat the sesame oil, heat the onion, garlic and ginger until fragrant, 2 minutes.
2. Put mixture in a bowl and combine the mango, chili, soy sauce, Morton® Fine Himalayan Pink Salt, orange juice, mustard, mint and sesame seeds.
3. Serve or preserve for a few days.

**Reduce Food Waste Tip:** I love this dish as it also doesn't create much waste. Combining the tuna and chutney will also make for great lettuce wraps or even a modern tuna sandwich the next day.

If you do happen to trim the tuna, you can dice any trim and that will work great raw, tossed with the chutney. If you cook an extra tuna steak, or have one left over after cooking, simply shred that meat, mix with some olive oil or mayo and use this for tuna sandwiches.

Also, use the stems of the cilantro! These usually get discarded but I prefer the texture and flavor the stems provide.