

A photograph of the Ahi Tuna L'Orange dish. It features a seared ahi tuna steak topped with a vibrant orange sauce, garnished with a purple orchid flower and a slice of orange. A mound of saffron rice is served on the side.

Ahi Tuna L'Orange

INGREDIENTS (1 SERVING):

SEARED AHI

- 7 oz Grand Ahi Tuna
- 1 oz Parsley (chopped)
- 1 oz Cilantro (chopped)
- 1 oz Basil (chopped)
- 1 pinch Salt and Pepper
- 1 oz Oil

SAFFRON RICE

- ½ C Jasmine Rice
- ½ C Chicken Stock
- 1 C Water
- 1 pinch Saffron

ORANGE BUERRE BLANC

- 1 C White Wine
- 1 Shallot (chopped)
- 1 Sprig of Thyme
- 6 Black Peppercorns
- 1 oz White Wine Vinegar
- 1 C Heavy Cream
- 3 oz Butter (cubed)
- 1 Orange (supremed)

OPTIONAL

- Roasted Beets & Pickled Onions

DIRECTIONS:

Mince herbs together, add salt and pepper. Roll tuna into mixture. Place sauté pan on stove over high heat. Once hot, reduce heat to medium heat and pour in oil. Sear tuna on each side for 30 seconds. Let tuna rest and slice into ¼" pieces. In a medium sauce pan reduce white wine, shallot, thyme, peppercorns, and vinegar to au sec. Pour in cream and bring to a boil. Reduce heat and slowly whisk in butter. Strain and stir in supremed orange. Rinse rice until water runs clear.

Place in a sauce pan with remaining ingredients. Bring to a boil, reduce to low heat and cover for 15 minutes until liquid is absorbed. Plate as shown, pouring burre blanc over tuna. Serve with roasted beets and pickled onions.

Recipe and photo provided by
Embassy Suites Denver Downtown