



There's a Chef in My Kitchen, LLC

Crusted Yellowfin Tuna with Pancetta spiked Summer Succotash

Serves 6

Pair with Pinot Noir or New World Chardonnay. Try these very different wines side by side with this delicious summer dish to experience how dramatic food and wine pairings can truly be.

Ingredients

For succotash

6 ears fresh sweet corn, to yield about 2 cups (substitute 2 cups frozen sweet corn)

Scant 1 cup milk

1 teaspoon sugar

2 cups shelled, fresh Lima, butter, or fava beans (substitute 2 cups frozen beans)

1/2 cup finely chopped red bell pepper

1/2 cup finely chopped yellow bell pepper

2 tablespoons finely minced chives

Sea salt and fresh ground pepper, to season

2 tablespoons olive oil

4 tablespoons butter

1 cup coarsely chopped pancetta (substitute other cured bacon)

For the Yellowfin tuna

2 tablespoons sesame seeds

2 tablespoons black sesame seeds

2 tablespoons mustard seeds

2 tablespoons olive oil

1 1/2 pounds Yellowfin (ahi/sushi grade tuna) cut into 4 ounce portions

Coarse sea salt and fresh ground pepper, to season

Fresh chopped chives, for garnish

Fresh chopped green onions, for garnish

Preparation

Cut the fresh kernels from each ear of corn by laying the ear on its side and cutting down to create 4-sides, and prevent the cut corn from falling about. Stand the ear on one end and cut away the remaining kernels. Remove the kernels to a bowl. Using the back of the knife, scrape the milky interior of the kernels and cob into the bowl with the corn.

In a medium sauce pan, combine the corn and milky juice, milk, sugar, and a pinch of salt. Place over medium heat and bring to a simmer. Cook the corn for about 8 to 10 minutes until crisp tender, then drain under cool water. Set aside.

Meanwhile, place the fresh beans in a medium sauce pan and cover with cold water. Bring to a boil over high heat, add salt, then decrease the heat to low



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and simmer until tender, about 20 to 30 minutes, depending on the freshness and size of your beans. Drain under cool water. Set aside.

In a small skillet, heat the butter over medium-high heat until the butter bubbles. Reduce the heat to medium-low and add the pancetta. Cook slowly rendering out as much fat from the pancetta into the butter. Once the pancetta is crisp, raise the heat to medium-high until the butter begins to brown. Remove from heat and set aside.

In a large bowl, combine the corn, the beans, and the chopped bell peppers. The mixture should be warm. If not, gently heat over low heat. Add the chives and toss to combine. Add just enough of the pancetta and brown butter to lightly moisten and coat the mixture. Season to taste with sea salt and fresh ground pepper. Sprinkle the chiffonade of basil over top.

Prepare the tuna

In a small bowl, combine the sesame seeds and the mustard seeds. Brush the tuna with the olive oil on both sides and generously season with salt and fresh ground pepper. Coat the tuna on all sides with the seed mixture.

Place a large heavy skillet over medium-high heat until hot. Swirl in almond or grapeseed oil to lightly coat the pan. Add the tuna to the pan and reduce the heat to medium. Cook until the tuna is seared on the outside but still rare on the inside, about 2 to 3 minutes per side. Remove from pan and cut each piece into slices about 1/4-inch thick.

Serve

Spoon a generous serving of the pancetta-spiked summer succotash onto warmed dinner plates. Top with the slice portion of the tuna. Garnish with fresh chopped chives and green onions. Serve immediately.