ALPHA OMEGA

Coriander and Fennel Pollen Crusted Tuna

Savory Lemon Curd, Roasted Fennel, Grilled Asparagus & Radish

Chef Daniel Kedan

Executive Chef / President, Mission Kitchen + Bar

Yield: Serves 4

Ingredients:
4 Tuna 4-5oz portions
1 tbsps. coriander ground
1 tbsps. Fennel pollen or ground fennel seed
1 bunch Asparagus
2 Fennel large head
6 Radishes, shaved
2 cups Lemon Curd
½ cup Olive Oil
4 tbsps. Vegetable Oil

Method:
- Cut one head of fennel into 8 wedges, toss with half of the olive oil, and season with salt and pepper. Roast in the oven at 350 degrees for 20 minutes until lightly golden brown and tender.
- Toss the asparagus with the remaining olive oil, season with salt and pepper. Grill until tender or roast in the oven.
- Combine the coriander and fennel pollen with 1 tsp of salt. Roll/crust the tuna steaks so all sides are evenly coated.
- In a sauté pan heat the oil until very hot and shimmering.
- Carefully place the tuna in the pan and sear on med high to high heat for 1 minute.
- Flip the tuna and sear the other side for 1 minute and remove it from the pan.
- The tuna should still be rare. If you would like the tuna cooked more turn the pan down to medium low and cook each side again for 1-2 minutes to desired temperature.
- Remove the tuna from the pan onto a towel.
- Let the tuna rest for 2 minutes, slice and plate.

Savory Lemon Curd

Yield: 1 Pint

Ingredients:

4 Lemons, zest & juice
1 Bergamot Lemon zest & juice
3 Eggs Whole
4 Egg Yolks
2 tbsp. Sugar
1 tsp. Salt
¼ lbs. Butter
3 sprigs Thyme
4 sprig Oregano, chopped
2 Verbena leaves

Method:

- In a pot combine everything except the butter, mix well.
- Put the pot on the stove on medium high heat.
- Whisk continuously making sure to get the corners of the pot.
- After 4-5 minutes the mixture will begin to thicken.
- Add the butter and turn the heat to low. Whisk until the butter is fully incorporated.
- Strain the curd through a fine mesh strainer and cool.

Enjoy!