



## ALPHA OMEGA

### Holiday Spice Crusted Ahi Tuna with Quinoa and Pumpkin Chutney

Chef Jesse McQuarrie

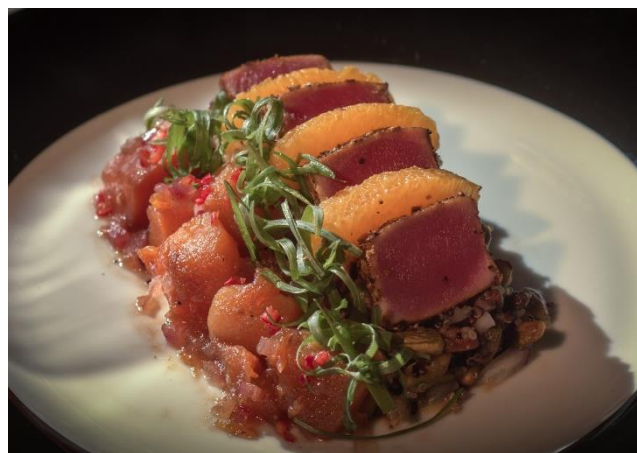
Executive Chef / President, Mission Kitchen + Bar

Yield: Serves 6

#### *Holiday Spiced Ahi Tuna*

Ingredients:

1 tbsp. dried thyme, crushed  
1 tbsp. ground fennel  
1 tbsp. ground coriander  
1 tbsp. course ground black pepper  
1 tsp. ground allspice  
2 tsp. kosher salt  
1 lb. Sushi Grade Ahi Tuna, cut into four 4oz filets  
1/4 cup vegetable oil / pastry brush



Method:

- Heat grill to a high heat.
- Mix all the ingredients together in a small bowl.
- Spread on a cookie sheet, lay each side of the tuna steaks in the spice mixture, pressing down slightly to assist in the spice adhering to the fish.
- Put fish in the refrigerator, while you prepare the rest of the dish.

#### *Quinoa*

Ingredients:

1 1/2 tsp. finely grated orange zest  
1 cup quinoa  
1 cup Camargue red rice (see Note)  
1/4 cup extra-virgin olive oil  
1 medium onion, thinly sliced  
Salt and freshly ground pepper  
1/3 cup fresh orange juice  
1 tbsp. fresh lemon juice  
1 garlic clove, minced  
1/2 cup roasted pistachios, chopped  
4 scallions, thinly sliced



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### Method:

- Bring 2 medium saucepans of salted water to a boil. Add the quinoa to 1 saucepan and the red rice to the other.
- Cover and simmer over moderate heat until tender, about 12 minutes for the quinoa and 35 minutes for the rice. Drain the grains and spread them out on baking sheets to cool.
- In a medium skillet, heat 1 tablespoon of the olive oil. Add the onion, season with salt and pepper.
- Cover and cook over moderate heat, stirring occasionally, until golden brown, about 10 minutes. Let cool.
- In a large bowl, combine the orange juice, orange zest, lemon juice, garlic and the remaining 3 tablespoons of olive oil; season with salt and pepper. Add the quinoa, rice, onion, apricots, pistachios and scallions and toss well.

### *Pumpkin Chutney*

#### Ingredients:

- 4 tbsp unsalted butter
- 2 large onions, diced
- 3 oz piece of ginger, peeled minced
- 1 thai red chilli, deseeded and finely chopped or 2 tsp red chili flakes
- 8 cardamom pods, smashed
- 2 long cinnamon sticks, snapped in half
- 1 tbsp. black mustard seeds
- 2 tsp. cumin seed
- 4 garlic cloves, peeled and sliced
- 2 lbs. pumpkin flesh, peeled and cut into sugar-cube size pieces
- 1 cup golden raisins
- 1 tsp ground turmeric
- 2 cups light soft brown sugar
- 1 ¼ cup cider vinegar

#### Method:

- Heat the butter in a large preserving pan, then gently fry the onions, ginger, chili, cardamom, cinnamon, mustard and cumin seeds together for 5 mins, until the spices are aromatic.
- Stir the garlic & pumpkin into the onions, then cook for 10-15 mins more, until the onions and apples are soft and the squash yields a little here and there.
- Stir in the turmeric and sugar and let it melt around the vegetables. Simmer for 5 mins – this process almost candies the chunks of pumpkin, so that it doesn't entirely break down during the next step.
- Pour in the vinegar, season with 2 tsp salt, and add the raisins, then bring the chutney back to a simmer. Cook, stirring regularly, for about 30 mins or until the chutney is thickened while still keeping the integrity of the pumpkins intact.
- Serve warm, chilled or at room temperature.



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To Finish:

- Remove the tuna from the refrigerator. Let sit at room temperature for 10 minutes. This will keep the fish from being ice cold after searing.
- Brush the fish gently with vegetable oil
- Place each piece of fish on the hot grill, with a grill spatula, flip the tuna after 45-60 seconds.
- Grill on the other side for an additional 45-60 seconds. Longer if more we'll done is desired.
- Let fish rest for several minutes.
- Heat the chutney until just warm in a sauce pan over medium heat
- Spoon Quinoa onto plate.
- Slice tuna in 1/4-inch slices and lay over the quinoa in a domino pattern.
- Stir and spoon the chutney over the tuna or serve on the side.

*Enjoy!*