

# SEARED YELLOWFIN TUNA

## with Soy Butter

**SERVES 4**      **TO SERVE**

1. Drizzle the 1 tbsp soy butter on a section of each plate.
2. Place one 6-oz yellowfin tuna portion on top of the soy butter.
3. Place the cooked wontons next to the seared tuna.

### Tuna

#### INGREDIENTS

4 6-oz tuna portions  
1 tsp salt  
1 tsp pepper  
1 tsp vegetable oil

#### PREPARATION

1. Season tuna lightly with salt and pepper.
2. Preheat a sauté pan on high heat. Add vegetable oil to the pan, then place the tuna fillets in the pan to cook.
3. Sauté for about 45 to 60 seconds on each side, turning to cook evenly on each side.
4. Remove and place on a cutting board until ready to serve.
5. Note: This is really an almost raw preparation. It isn't good to eat if cooked past rare or medium rare at the most.

### Shishito Peppers & Fried Wontons

#### INGREDIENTS

12 shishito peppers  
¼ cup vegetable oil  
10 wonton skins, thinly sliced

#### PREPARATION

1. Heat oil in sauté pan over medium high heat.
2. Add peppers and sauté until they take on a golden color.
3. Remove from oil and place on paper towel to absorb excess oil.
4. Leave pan on heat and add the sliced wonton skins.
5. Cook until wontons are a golden brown.
6. Remove from heat and place wontons on paper towel until ready to serve.

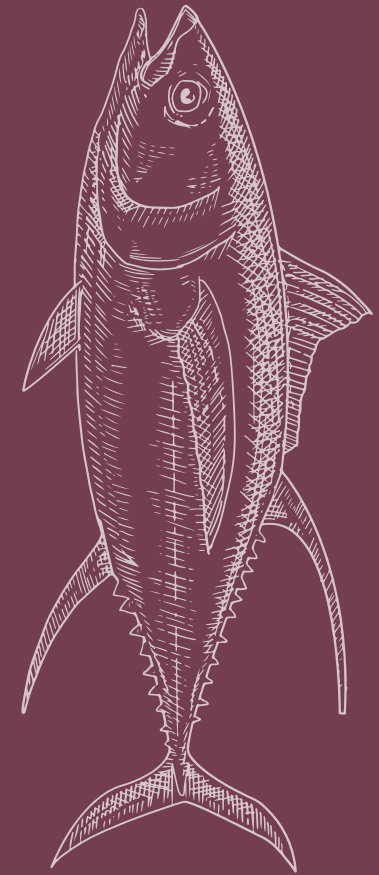
### Soy Butter

#### INGREDIENTS

3 tbsp soy sauce  
1 tsp brown sugar  
2 oz water  
8 tbsp unsalted butter, cut into cubes

#### PREPARATION

1. Combine soy sauce with brown sugar in a sauté pan and reduce over medium high heat.
2. Mix constantly so that it does not burn.
3. Reduce to 1 tbsp of mixture and pour into a coffee mug.
4. Add water to reduced soy mixture and heat in microwave until it comes to a rapid boil.
5. Combine butter and soy mixture, blending with an immersion blender until creamy. (If you don't have an immersion blender, put in regular blender and cover loosely with a clean towel [it has to be a porous top] and blend until creamy.)
6. Serve warm. Portion size is 1 tbsp per each 6-oz tuna.



**GW FINS**<sup>®</sup>

808 Bienville St.  
New Orleans, LA 70112  
[gwfins.com](http://gwfins.com)

Using seasonal ingredients and subtle culinary techniques, the wonderful flavors and textures of each variety of fish are showcased in elegant simplicity at GW Fins. Based on the variety of fish we receive each day, our chefs create the perfect presentation to bring out the natural flavors and textures of each type of fish. GW Fins is locally owned and operated by Gary Wollerman and his family.

## TUNA FACT

Unlike most fish, tuna are warm blooded.

# YELLOWFIN TUNA

Yellowfin tuna are found in warm seas all over the world, with the exception of the Mediterranean. They spawn from May to August in the Gulf of Mexico, which is where we can catch them in Louisiana. One of the bigger tuna species, they travel huge distances in schools of similarly sized fish and are known to make migratory trips to higher latitudes as water temperature increases. Excessively high temperatures due to climate change impact ocean temperature and levels, so to be able to continue fishing for tuna, it is important to have a consistent temperature. In the marine food chain, tuna are a predator and help maintain balance in the ocean ecosystem. Because they grow quickly and reproduce frequently during their average seven-year lifespan, yellowfin tuna are considered a sustainable seafood.