

SEARED TUNA WITH SHIITAKE MUSHROOM AND TOMATO RELISH ON WONTON

by Chef John Findley, Executive Chef at The University Club of MSU

Featured Food: Tuna

Yield: Serves 10

Ingredients

10 oz. fresh tuna (saku or loin)	1 clove garlic, crushed
Jerk seasoning	2 Roma tomatoes meat only, diced
1 oz. vegetable oil	¼ green bell pepper diced
1 oz. butter	Salt, pepper
8 oz. shiitake mushrooms, diced	1 t. fresh chopped cilantro
1 green onion, diced	10 wonton skins, cut in half, baked

Preparation

Place the tuna on a plate and coat each side with jerk seasoning, shaking off any excess. Preheat a nonstick sauté pan to med-high. Add the oil and carefully place the tuna in the pan. After about 1 minute turn over and 1 minute later, remove from the pan and chill in the refrigerator.

Using another sauté pan, preheat to medium and add butter, shiitake mushrooms, green onions and garlic. Cook for about 4-6 minutes till the moisture from the mushrooms is gone. Chill. Mix the tomatoes, peppers, and the mushroom mixture together and season with salt and pepper. Add the cilantro. Place the baked wontons on a tray. Spoon about ½ oz. of the tomato-mushroom relish. Using a sharp knife slice the tuna into thin pieces about the size of a quarter. Place the tuna on top of relish and serve.