

## *Recipe For Friday July 18<sup>th</sup> – FOX 5 News Summer Cooking DEMO*

### **Seared Hawaiian Tuna with a Toasted Spice Rub Cucumber Onion Salad Sriracha Sauce**

1 very fresh tuna steak, two inches thick  
Toasted spice rub (recipe follows)  
2 tablespoons peanut or grape seed oil for searing  
Cucumber Salad (recipe follows)  
Sriracha Sauce (may be purchased in most grocery stores)

Rub both side of the tuna steak with the spice rub  
Heat oil in pan till smoking (must be very hot)  
Sear tuna in oil for 30 to 40 seconds on each side  
Mound Cucumber Onion salad in middle of plate  
Cut Tuna diagonally and place on Cucumber Salad  
Drizzle Sriracha sauce around the plate

#### **Cucumber Onion Salad**

2 cucumbers peeled, seeded, halved and thinly sliced  
½ medium red onion thinly sliced  
¼ cup water  
¼ cup olive oil  
1/3 cup cider vinegar or rice wine vinegar  
2 tablespoons sugar  
Salt and pepper

#### **Toasted Spice Rub**

¼ cup fennel seeds  
1 tablespoon coriander seeds  
1 tablespoon whole black pepper  
1 teaspoon crushed red pepper flakes  
¼ cup chili powder  
2 tablespoons kosher salt  
2 tablespoons ground cinnamon

Toast the fennel seeds, coriander seeds and peppercorns in a small heavy pan over medium heat. When the fennel begins to turn light brown, add the red pepper flakes, and toss several times. Immediately turn the spice mixture out onto a plate to cool.

Put in a coffee grinder with the chile powder, salt and cinnamon and blend until the spices are evenly ground.

Store in a cool dry place.