

Carved Tuna Loin

With a cilantro crème fraîche

Serves 8

Ingredients

1 whole tuna loin (US, British Columbia pole caught)

about 2 pounds

1 ½ cups of toasted sesame seeds

½ cup butter or margarine

1 cup sour cream

1 cup whipped cream

¼ cup chopped cilantro

1 tsp cayenne pepper

Pinch of salt

Combine sour cream, whipped cream, cilantro, cayenne pepper and salt in a bowl and refrigerate for 2 hours.

Roll tuna in toasted sesame seeds and sear in melted butter on all sides for approximately 1.5 minutes per side.

Place on cutting board and carve.

Use a dollop of crème fraîche for the garnish.

Chipotle Shrimp Tacos

Serves 4

Ingredients

32 (21-25's) raw shrimp, deveined and shelled (US farmed or wild shrimp)

1 ½ cups shredded cabbage

8 corn tortillas

1 cup vegetable oil

4 limes, wedged

2 7-ounce cans of chipotle pepper in adobo sauce

¼ cup honey

¼ cup Dijon mustard

¼ cup cilantro

¼ cup olive oil

Salt and pepper

Combine chipotle pepper, honey, Dijon, and cilantro in a blender or food processor. Slowly drizzle in the oil until the sauce sets up. Add salt and pepper to taste.

Marinate the shrimp in the chipotle oil no more than 30 minutes. Pan fry shrimp for 2 ½ minutes until golden brown.

Heat corn tortillas in vegetable oil. Drain.

Add shrimp to tortillas and top with the shredded cabbage and a squeeze of fresh lime.