

Greg Abrams Seafood, Inc

Greg Abrams Seafoods' Seared Yellowfin Tuna w/ Florida Sweet Corn Chow Chow, Mustard Sauce, and Micro Wasabi Greens

RECIPE FOR SWEET CORN CHOW CHOW

Olive oil – 1 tbsp.
White Balsamic Vinegar – 1 cup
Water – 1/2 cup
Sugar – 1/2 cup
Dry Mustard - 1tbsp
Celery salt - 1 tbsp
Fresh Serrano Chili - 1 small diced
Fresh thyme – 2 sprigs

*Method – Bring mix to a simmer in a small pot and whisk until sugar dissolves.
Discard Thyme Sprigs and reserve liquid in bowl.*

Red Bell pepper – 1/2 cups medium diced
Red Onion – 1/4 cups medium diced
Celery – 1/2 cups medium diced
Sweet Corn – 6 large ears charred on grill and removed from husk
Cherry or Grape Tomato – 14 halved

*Method - Toss vegetable mixture into brine mixture reserved in bowl, let cool.
Reserve to serving on Yellowfin tuna.*

RECIPE FOR TUNA

1lb #1 grade Yellowfin Tuna cut
Gulf Coast Salt Works “ghost pepper salt” – 2 tbsp
Freshly cracked black pepper – 1 tsp
Peanut, avocado, or vegetable oil – 2 tbsp

Method – Season fresh tuna filet with GCSW salt and fresh pepper. Then heat the cast iron skillet on medium heat until the pan becomes hot. Add in oil, and sear tuna filets for approximately 20 seconds on each side. Once each side has been seared, cool the filets down in the fridge.

RECIPE FOR MUSTARD SAUCE

Creole Mustard - 1 cup
Dukes Mayonnaise – 1/4 cups
Buttermilk 1/4 cups
Crystal Hot Sauce – 2 tbsp
Tarragon – 2 Tbsp Fine Chopped
Fish Sauce – 2 tsp
Smoked Paprika – Pinch

Method - Combine all the following in bowl, mix well, use on seared tuna with corn chow chow.