

# Cooking with the Club

by **Chef Robert Larios**



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# Tasty to the (Alba) Core

### DIRECTIONS:



Step 1: Wash and prepare all ingredients. Dice the celery, potatoes, the red onion, asparagus, parsley and tomatoes.



Step 3: In a pan on medium heat, place extra virgin olive oil and transfer diced ingredients to the hot pan. Stir occasionally and allow the ingredients to brown. This may take about five to 10 minutes.



Step 5: Add the mustard to the albacore tuna steaks. I like adding it to just one side, but feel free to add mustard to cover both sides.



Step 7: Place the albacore tuna steaks on iron skillet (or a grill or pan). Cook on medium heat and remove when both sides are golden brown. Once removed, place some parsley and the diced tomatoes to cook for about one minute and remove as well.



Step 2: Place diced ingredients on a platter and add salt and pepper here.



Step 4: Prepare the parsley and diced tomatoes by leaving them on a plate for a quick cook on the pan just before plating the tuna.



Step 6: Add the cumin, salt and pepper on both sides.



Step 8: Plate the albacore tuna steak on top of a bed of the sautéed vegetables.

For this month's recipe, I was supposed to bake albacore tuna steaks in a banana leaf wrapping. But it didn't work out, since I had a tough time locating banana leaves. (Wouldn't you know it, though, a new stock of leaves arrived at the market a day after the photo shoot for this article.) So, while that recipe is in the works for a future column, I thought I would offer an excellent recipe with mustard and albacore tuna steaks.

It might be hard to believe, but mustard goes very well with fish. I've experimented with many types of mustards, and I can tell you that you cannot go wrong with any of them. One of my favorites is Dijon mustard for its slightly spicy taste. Some of the best fish recipes use a foundation of just mustard, salt and pepper. Actually, give that a try sometime, too. It's simple but highly delicious.

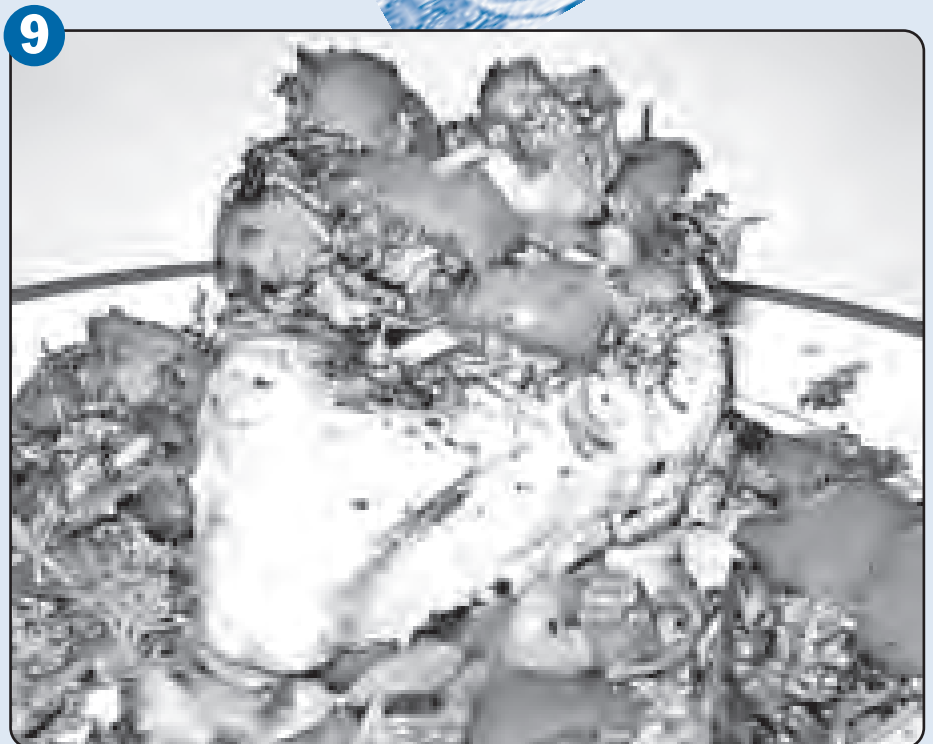
In this recipe, I used a seasoned iron skillet, but you may use a nonstick pan as well or a grill. Please be careful using any other type because the fish may stick to the pan and tear.

### Pan-Seared Albacore Tuna Steaks a la Mustard

Serves 2, Prep Time: 30-40 Minutes

#### INGREDIENTS:

- 1 pound of Albacore tuna steaks
- 1 celery stalk
- 2 small white creamer potatoes
- 1 red onion
- 4 asparagus stalks
- 1/4 cup Italian parsley
- 2 small Roma tomatoes
- 1 lemon
- 1/4 cup extra virgin oil
- 1/4 cup mustard (enough to generously cover one side of the albacore tuna steak)
- Salt and freshly cracked pepper
- 2 tablespoons of ground cumin



Step 9: Add the tomatoes and parsley at the end. If you like parsley like I do, feel free to add more. Enjoy!