



## Citrus Seared Tuna with Crispy Noodles, Herbs & Chili

Serves: 4

Serve with Joseph Phelps Vineyards Viognier

2 ea. Pink Grapefruit  
1 Tbsp. Fish Sauce  
18 oz. Blue Big Eye or Very Good Yellow Fin Tuna  
1 Tbsp. Sesame Oil  
6 Tbsp. Olive Oil, plus extra for frying  
2-3 ea. Red chilies, thinly sliced  
Sea Salt and Fresh ground black pepper to taste  
1 bunch Cilantro  
1 bunch Mint  
handfull Glass or cellophane noodles  
4 ea. Scallions, thinly sliced on the bias

Squeeze the grapefruit juice and pour into a plastic bag with the fish sauce. Add the piece of tuna. Seal the bag, pushing out most of the air so that the tuna has good contact with the juices.

Leave for 40 minutes.

Separate the juice into a bowl and set aside. Dry off the tuna.

For the dressing, mix the sesame oil, olive oil, and chilies into the grapefruit juice. Use as much chili as you like.

Take a good amount of the herbs and chop them. Crust the tuna with the herbs, then wrap in plastic wrap and place in refrigerator.

Boil the cellophane noodles for about 1 minute until they are slightly flexible, drain, and allow to cool.

Place a good sized nonstick pan on the fire and pour a little olive oil in the pan. When the oil is hot, add the noodles and leave them until they are nice and crisp on one side, then flip and crisp the other side.

### **For Service:**

Take the tuna out to become room temperature.

Divvy up the crispy noodles between four plates.

Slice the tuna thin so as to get the full delicacy of the fish. Lay across the noodles.

Sprinkle with chilies and sliced scallions, drizzle vinaigrette over the top and all around.

Serve immediately.

Recipe by *Jeff Ward* - Joseph Phelps Vineyards Wine Educator and Culinary Institute of America graduate.