

Recipe of the Week



Blackened Tuna

1 1/2 pounds fresh tuna steaks, 1 inch thick

2 tablespoons Cajun seasoning

2 tablespoons olive oil

2 tablespoons butter



Generously coat tuna with Cajun seasoning.

Heat oil and butter in a large skillet over high heat. When oil is nearly smoking, place steaks in pan.

Cook on one side for 3 to 4 minutes, or until blackened. Turn steaks, and cook for 3 to 4 minutes, or to desired doneness

Another great recipe from www.bv.bm