



Recipes

PROGRAM 8 - SEGMENT 4

Gladstone's Long Beach Recipes

AHI SPECIAL

Serves 1

INGREDIENTS

1 Ahi Tuna Steak
Salt & Pepper
1 Cup Sour Cream
Wasabi Paste, to taste

AHI SOY SAUCE

(large batch)

4 Cups Water
3 Cups Soy Sauce (lite salt/lite sodium)
½ Cup Rice Wine Vinegar
¼ Cup Cornstarch
½ Cup Cold Water

VEGETABLES

1 Cup Shitake Mushrooms, sliced
2 Cloves Garlic, finely chopped
2TBSP Olive Oil
Salt & Pepper
Baby Bok Choy

METHOD

Make sour cream wasabi sauce by mixing together sour cream, salt and wasabi.
Place in a piping bag and set aside.



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Continued:

Make Ahi Soy Sauce. Bring soy sauce, vinegar and water to a boil. Mix cornstarch and water to dissolve and pour it into the boiling mixture slowly until it starts to thicken. Continue cooking another 3-5 minutes to remove the taste of the cornstarch. Adjust the sauce to the right consistency. If too thick, add a little water, if too thin, continue to reduce until glossy.

For vegetables, heat pan and add olive oil. Add garlic and mushrooms and sauté until mushrooms are soft but still retain their shape.

Season with salt and pepper, set aside.

Season tuna steak with salt and pepper, place on grill and sear both sides. Tuna should be raw in the middle.

To cook the baby bok choy, season with a little oil, salt and pepper. Place on grill and sear.

Arrange baby bok choy on a plate. Pile mushrooms in the center on top of the vegetables. Place tuna on top of mushrooms and pour over Ahi Sauce. Drizzle sauce on the plate around the vegetables.

Pipe wasabi cream in lines across the tuna. Draw a sharp pointed knife through the wasabi cream to create an attractive pattern.

**All recipes displayed with kind permission from Gladstone's Long Beach.
Results may vary.**