



Home Grown Recipes



ENTREE "MARINATED GRILLED TUNA"

-INGREDIENTS-

1 THICK TUNA STEAK PER PERSON
OLIVE OIL
RED WINE VINEGAR
LEMON JUICE
FRESH GARLIC
SALT / PEPPER / CAYENNE PEPPER
FENNEL SEED
FRESH BASIL

-DIRECTIONS-

MIX OIL, RED WINE VINEGAR, 2-3 GARLIC CLOVES, JUICE OF ONE LEMON, SALT, PEPPER, AND A DASH OF CAYENNE PEPPER.
MARINATE THE TUNA STEAKS FOR AN HOUR OR TWO IN THE REFRIGERATOR.
FIRE UP THE GRILL.
WHEN THE COALS ARE HOT, SPRINKLE 1-2 TABLESPOONS OF FENNEL SEEDS RIGHT ONTO THE COALS.
GRILL THE TUNA AND DURING THE LAST MINUTE OR SO OF THE COOKING PROCESS, PUT FRESHLY OILED BASIL LEAVES ON THE TUNA STEAKS.

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