

# Seared Tuna Steak With Caper Wine Sauce

A close-up photograph of two thick, seared tuna steaks stacked on a dark, rustic metal plate. The tuna is a vibrant pinkish-red color, indicating it is cooked to a medium-rare doneness. The top surface of the steaks is seared to a golden-brown crust, sprinkled with a mix of black and white pepper. Small sprigs of fresh green herbs, likely thyme, are scattered around the base of the steaks on the plate.

## Ingredients

- 1 tablespoon of extra virgin olive oil
- 4 tuna steaks
- ½ cup diced red onion
- ¼ cup minced garlic
- 1 cup white wine
- 1 cup heavy cream
- ½ lb butter, cut into small pieces
- 4 tablespoons lemon juice
- ½ cup chopped parsley
- ¼ cup capers
- Salt and pepper to taste

## Method

Heat the olive oil in a medium-sized saucepan over medium-high heat. Add the red onion and sauté for a couple of minutes. Add the garlic, season with salt and pepper, and cook for another minute. Add the wine and cream, and reduce by half. Remove the pan from the heat, and add the butter, a little at a time, while whisking. Continuously whisk the sauce as you slowly add the lemon juice, parsley and capers, and season to taste for salt and pepper. Set aside.

Heated olive oil, in a saute pan, over medium-high heat. Salt and pepper both sides of the tuna steaks. When the pan is hot and the olive oil is slightly smoking, add the tuna steaks and sear for approx 2-3 minutes per side. You want to ensure the middle is still rare, but the edges have a nice brown color. Serve on a plate topped with Beurre blanc sauce.