

Grilled Tuna

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 16 mins

Description

Tuna is available most of the year so fresh steaks should be easy to come by Be choosy a reddish color is acceptable but flesh with dark spots or streaks should be avoided As with all great ocean fish the flesh tends to be dry Marinate with oil and avoid overcooking The timing is critical as tuna should be served medium rare Use a kitchen timer

Ingredients

- - 4 (6 ounce) albacore tuna steaks
- 1 inch thick - 3 tablespoons extra virgin olive oil - salt and ground black pepper to taste - 1 lime
- juiced - ½ cup hickory wood chips
- soaked

Instructions

1. Place tuna steaks and olive oil in a large resealable plastic bag. Seal
2. and refrigerate for 1 hour. Preheat the grill for medium heat. When coals are very hot
3. scatter a handful of hickory or mesquite wood chips over them for flavor. Lightly oil grill grate. Season tuna with salt and pepper
4. and cook on the preheated grill approximately 6 minutes
5. turning once. Transfer to a serving platter
6. and drizzle with freshly squeezed lime juice. Serve immediately.