

Ahi with Edamame Puree

Makes about 24 hors d'oeuvres or 4-6 first course servings

Tuna, edamame and crostini can be presented as hors d'oeuvres, a first course or light lunch dish by varying the quantity on the plate and adding a green salad.

- ½ small sweet baguette
- Mild extra virgin olive oil
- Kosher salt
- Ground black pepper
- 8 ounces frozen shelled edamame
- 1 small clove garlic, chopped, about ½ teaspoon
- 2 tablespoons Meyer lemon juice
- 1 tablespoon nori komi furikake (see Note)
- ½ teaspoon Japanese shichimi togarashi (see Note)
- 10 to 12 ounces No. 1 or sushi-grade ahi tuna, about 1-inch x 2-inch rectangular block (see Note)
- 1 tablespoon finely chopped green or red onion (optional)
- Cilantro leaves (optional garnish)

Ingredients: Preheat oven to 350°. Cut baguette into slices about ¼- to ⅜-inch thick (about 24 pieces). Brush with olive oil, lightly season with salt and pepper, then bake until crisp but not too brown, about 3-5 minutes.

Meanwhile, cook frozen edamame according to package directions. Blend slowly with garlic and lemon juice in a food processor, adding enough oil – about 3 tablespoons – to make a smooth, moderately thick paste. Season to taste with salt and pepper. The puree can be made ahead. Cover and refrigerate.

Mix furikake and shichimi togarashi together.

Season very cold tuna with kosher salt, coat with the spice-nori blend. Heat a non-stick skillet over medium-high to high heat and lightly coat with olive oil. When the pan is hot, add the tuna and sear, turning until brown on all sides. Set aside to cool; the tuna can be seared ahead. Refrigerating helps firm the tuna so it is easier to slice.

To assemble: Coat each crostini with a generous layer of edamame puree; season to taste with salt and pepper. Sprinkle with a little chopped green or red onion, if using, then top with a thin slice of the tuna. Garnish with a drizzle of extra virgin olive oil and a cilantro leaf or additional sprinkle of spice



mixture if desired. Alternatively, divide the ingredients among 4 to 6 plates and accompany with a simple salad for a first course. Extra puree can be made into a dip by mixing with a little nonfat yogurt or sour cream.

Note: Shichimi togarashi is a Japanese seven-spice mix based on coarsely ground red chile pepper plus six other ingredients, and can include orange peel, white and/or black sesame seed, poppy seed, ginger, seaweed (nori) and sansho. Any dry Japanese condiment sprinkled atop rice is called furikake, which is usually a mixture of ingredients like nori, dried fish, shiso, sesame seed, salt or sugar. Pre-portioned blocks of sushi-grade ahi can be purchased at stores like Berkeley Bowl, 99 Ranch Markets or a fishmonger

Per hors d'oeuvre: 70 calories, 4 g protein, 5 g carbohydrate, 3 g fat (0 saturated), 4 mg cholesterol, 44 mg sodium, 1 g fiber.