Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.
- Always marinate seafood in the refrigerator. Discard used marinade to avoid bacteria from raw juices. For basting, reserve a portion of marinade before adding raw seafood.

Buying and Storing Tips

- Meat should be firm with a fresh sea breeze aroma and no discoloration.
- Store fresh fish in the coldest part of the refrigerator at 32 degrees for up to two days.
- To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0 degrees for up to two months. Thaw in the refrigerator or under cold running water.

Cooking Tips

- Tuna is traditionally cooked to rare or medium-rare in the center.
- Cook the tuna steaks to desired doneness, turning once.
- For rare center, cook 2 minutes on each side.
- For medium center, cook 3 to 5 minutes on each side.
- For well-done center, cook 5 to 8 minutes on each side.

How Much to Buy

- Steak or fillet: ⅓ to ½ pound per serving.

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Seared Florida Tuna Steaks with Mediterranean Relish

**Ingredients**
- 6-ounce tuna steaks
- Kalamata olives, pitted
- Fresh garlic, minced
- Fresh cherry tomatoes, halved
- Capers, drained
- Fresh herbs (basil, parsley), hand torn
- Fresh lemon juice
- Olive oil
- Feta cheese, diced

**Preparation**
In a medium-sized mixing bowl combine olives, garlic, tomatoes, capers, herbs, lemon juice, olive oil and feta cheese. Lightly stir ingredients to combine. Taste and adjust seasoning with salt and pepper. Preheat a medium-sized sauté pan over medium-high heat. Season both sides of the tuna steaks lightly with salt and pepper. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the tuna steaks to the sauté pan. Cook tuna steaks to preferred doneness (tuna cooks very quickly, and is usually served rare). To serve tuna, slice each steak in half and plate them with even amounts of relish on top.

**Yield**
4 servings

Florida Yellowfin Tuna Nicoise

**Ingredients**
- 4-ounce tuna steaks
- Olive oil
- Sea salt and cracked black pepper
- French cut green beans, trimmed and cooked
- Cherry tomatoes, halved
- Vinaigrette dressing
- Romaine lettuce, cut in half
- Kalamata or nicoise olives, pitted
- Hard-boiled eggs, sliced
- Herbed goat cheese (optional)
- Fingerling potatoes, boiled and cut into quarters
- Asparagus spears, cooked

**Preparation**
Season the tuna on both sides with salt, pepper. Heat olive oil in a sauté pan over high heat; add tuna steaks and sear for 2 minutes on each side for medium rare. Remove from heat and slice thin. Set aside to cool. In a medium bowl, toss the vegetables with vinaigrette dressing. Place romaine lettuce on plates and arrange the vegetables, olives and egg slices around the greens toward the outside of the plate. Place the tuna steak on top of the greens. Drizzle a small amount of vinaigrette over the tuna and vegetables. If using goat cheese, crumble a small amount on top of the tuna. Nicoise salad should be served at room temperature or cold.

**Yield**
4 servings

Peppercorn Crusted Florida Tuna Steak with Sweet Potato Fries

**Ingredients**
- 6-ounce tuna steaks
- Oil for cooking
- Large sweet potatoes, peeled and sliced
- Sea salt and fresh ground pepper
- Peppercorn blend
- Olive oil
- Lemon
- Fresh herbs (thyme, rosemary)

**Preparation**
Preheat oven to 375 degrees. In a medium-sized mixing bowl, add sweet potato, 1 tablespoon oil, and season with salt and pepper. Toss ingredients to coat. Evenly distribute the seasoned fries on a full-size cookie sheet. Place cookie sheet on the middle rack in the preheated oven. Cook fries for 15 to 25 minutes or until fries are golden brown and tender. Remove from oven and serve immediately.

**Yield**
4 servings