

Herb-Crusted Tuna Steaks

Tuna:

1 1/2 pounds tuna loin, or 4 tuna steaks (each about 1 inch thick and 6 ounces)

1/4 cup extra-virgin olive oil

Rub:

1 tablespoon coriander seeds

1 tablespoon white peppercorns

1 tablespoon dried rosemary

1 tablespoon coarse salt

Garnish:

Several fresh cilantro sprigs

Trim any skin or dark or bloody spots off the tuna. Rinse the tuna under cold running water, then blot dry with paper towels. If using tuna loins, cut them into 1-inch-thick medallions. Place the tuna in a baking dish and pour the olive oil over them. Let the tuna marinate in the refrigerator, covered, for 15 to 30 minutes turning the medallions a couple of times to coat thoroughly with oil.

Make the rub: Coarsely grind or crack the coriander seeds and peppercorns, using a spice mill or mortar and pestle. You want small pieces, but not a fine powder. Crumble the rosemary needles into a bowl with your fingers. Stir in the ground coriander and peppercorns and the salt.

Set up the grill for direct grilling.

When ready to cook, drain and discard the olive oil from the tuna. Sprinkle each piece on all sides with the rub, patting it onto the tuna with your fingertips. Brush and oil the grill grate. Place the tuna on the hot grate and grill until seared on the outside and cooked to taste inside, 1 to 2 minutes per side for medium-rare medallions, 3 to 5 minutes per side for medium tuna steaks. Test for doneness using the poke method: A medium-rare tuna steak will be gently yielding.

Spoon the Harissa Cream Sauce on a platter or plates and place the grilled tuna on top. Alternatively, place the tuna on a platter or plates and spoon sauce over it. Garnish with the cilantro sprigs and serve at once.

Serves 4