



Chef Cynthia Gold

“An adaptable dish, great served warm or chilled. Use a bright, aromatic black tea, such as a good Ceylon or Nilgiri.”

Chef Cynthia Gold, Tea Sommelier at The Boston Park Plaza Hotel & Towers, discovered her passion for tea after enlightening excursions into the tea fields of Asia. Ms. Gold was one of the first chefs practicing “culinary tea” in the United States, and her recipes have appeared in numerous publications. A recognized authority, she has taught classes on how to cook with tea and tea pairing both nationally and internationally.

Ingredients

6 tbsp loose-leaf black tea leaves, such as Ceylon or Nilgiri

½ tsp whole coriander seeds

½ tsp whole black peppercorns

1 cinnamon stick or 2 tsp ground cinnamon

½ tsp anise seeds

½ tsp ground ginger

½ tsp kosher salt

1 tbsp (packed) light brown sugar

1½ pound sushi-grade tuna steak

3 tbsp safflower or canola oil

Salad greens or arugula for serving

Soy-Ginger Sauce Ingredients

6 tbsp low sodium soy sauce

¼ cup vegetable stock or steeped jasmine tea

2 tbsp rice vinegar

1 tsp minced fresh ginger or ½ tsp ground ginger

1 garlic clove, minced

¼ tsp toasted sesame oil



Instructions

1. Combine the tea leaves, coriander, peppercorns, cinnamon, anise, ginger, salt in a spice grinder or mortar and pestle and finely grind together. Transfer to a shallow plate and stir in the brown sugar. Mix well.
2. Cut the tuna steak into 1 inch squares. Roll each strip in the oil, then roll in the tea spice crust.. Reserve the remaining oil. Let sit for 10 minutes for crust to set.
3. To make the soy-ginger sauce, in a small bowl, whisk together all ingredients and set aside.
4. In a large nonstick skillet, heat the reserved oil over medium-high heat until shimmering. Sear the tuna quickly (about 30 seconds) on each side; it should still be very rare in the center. The tuna may be served immediately or refrigerated until ready to serve.
5. To serve, toss greens on a platter with ¼ cup of soy-ginger sauce. Slice each piece of tuna into pieces ⅓ inches thick on a steep angle. Arrange overlapping pieces with the arugula. Drizzle tuna with remaining sauce or put sauce in a small dish for dipping. Serve immediately.