
Grilled Ahi Steaks with Spicy Pineapple "Salsa"

Description

There's nothing like a BBQ during the summer months! Whether you're celebrating 4th of July or just taking advantage of our island weather (who wants to be cooking over a hot stove when you can be outside anyway?), this is a fast and flavorful dish that will have your tastebuds bursting with fireworks!

Total time: 1 hr 15 min Yield: 4 Servings

Ingredients

2 lb fresh Ahi fillet
1 tsp Thai or Vietnamese fish sauce
3 Tbsp fresh lime juice
1 Tbsp shoyu
1 Tbsp canola or vegetable oil
1 Tbsp light brown sugar
black pepper (to taste)
3/4 cup fresh pineapple chunks
2 Tbsp fresh mint (chopped)
2 Tbsp green onion (chopped)
2 Tbsp cilantro (chopped)
2 clove garlic (minced)
1 tsp garlic chili sauce

Prep Time: 1 hr 15 min Total Time: 1 hr 15 min

Instructions

In a medium bowl, combine the marinade ingredients (one tablespoon of fish sauce, one teaspoon lime juice, shoyu, canola oil, one teaspoon of light brown sugar, black pepper) and whisk briskly to fully dissolve the sugar. Cut your ahi into servings and toss in the marinade, fully coating all sides. Marinate for at least 30 minutes.

To make the spicy pineapple "salsa", combine all the ingredients (pineapple chunks, three tablespoons fresh lime juice, fresh mint, green onion, cilantro, one tablespoon light brown sugar, one tablespoon plus two teaspoons fish sauce, garlic, garlic chili sauce) in a blender or processor and pulse until the salsa is combined but still a bit chunky. Set aside, salsa can be served at room temperature.

Grill your ahi on a medium high heat – 5 minutes on each side for fully cooked, or if you're like me and prefer a little bit of pink inside, reduce that time to 3 minutes for each side.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai