

Recipe for Grilled Ahi with Yellow Tomato and Avocado Relish

3 teaspoons olive oil, divided
3/4 to 1 pound wild ahi tuna steak ("searing grade") (about 1" thick)
coarse salt & freshly ground black pepper
1 avocado, diced
2 teaspoons lime juice
1/2 large yellow heirloom tomato, diced
1-1/2 tablespoons finely diced red onion
1/2 teaspoons minced jalapeno, or more to taste, optional

Preheat grill to medium-high heat.

Massage 2 teaspoons of olive oil into tuna. Season generously with salt and pepper.

When grill is very hot, lay tuna on well-oiled grates. Sear for about 6 minutes over direct heat: 2 minutes on the first side, then 2 on the flip side, then 2 on the first side again to get cross-hatch grill marks, if this is important to you. Watch the side of the fish very carefully. It's done when you can still see a bright band of red along the center. (Grill more or less according to your preferred degree of doneness, but 6 minutes still leaves a nice rare center.)

In a small bowl, mix together the avocado, lime juice, tomato, onion, and jalapeno, if using. Sprinkle with coarse salt, additional pepper, and the remaining teaspoon of olive oil.

Slice tuna. Serve with relish.