

## Seared Tuna *Tostada* - – *Tostada de atún sellado*

### Ingredients

6-8 tostadas (crispy corn tortillas, see below)  
1 lb (454g) sushi/sashimi-grade tuna (see below)  
1 tbsp oil (olive, or any other vegetable oil)  
Kosher or other coarse salt, as needed  
Freshly ground black pepper, as needed  
Raw veggies, to taste: shredded red cabbage, shredded carrot, thinly sliced cucumber, thinly sliced radish (and/or *jicama*)  
Avocado slices  
Cilantro sprigs and red pepper strips (hot or sweet, to taste), to garnish  
Lime wedges, to serve

If packaged tostadas are not available, day-old or thawed corn tortillas may be brushed with vegetable oil, and baked in a 400°F (205°C) oven, just until crisped; do not leave un-attended, since they burn quite easily, and be careful with the hot oil that might drip from the tostadas when taking them out of the oven. Packaged tostadas may also be baked this way, to freshen up their taste from the package. For the fish, make sure it is sushi/sashimi grade, which means that it has been treated at temperatures low enough to kill bacteria and parasites, making it safe to eat raw or partially cooked. Let the fish thaw in the fridge for a few hours. Meanwhile, wash, drain and prep all the toppings, garnishes and lime wedges; set aside. Right before serving, unpack the thawed fish and pat dry with a paper towel; place in a tray and generously sprinkle coarse salt and freshly ground pepper on top, turning to coat all sides. Oil a frying pan, wiping excess with a paper towel, and place over medium-high heat. Once the pan is very hot, but not smoking, cook tuna pieces, turning every ten to fifteen seconds. Do not overcook; expose each surface to the heat only until it turns opaque. Remove from heat onto a cutting board and slice thinly.

To assemble: place a crisped tostada on a plate, and several slices of fish on the tostada; arrange veggies of choice, showcasing the different colours and shapes as best as possible (pictured: red cabbage, long slices of unpeeled cucumber, shredded carrot, and paper-thin *jicama* slices). Finish with avocado, a sprig of cilantro and a strip of red pepper on top. Serve immediately with a wedge of lime on the side.

