



Orange-Lager Grilled Tuna with Orange-Avocado Relish

Ingredients:

4 tuna steaks, about 6 ounces each

Marinade

3 Tablespoons olive oil
1 Tablespoon grated orange zest
1 clove garlic, minced
1/2 red onion, minced
1/4 teaspoon ground nutmeg
1 teaspoon salt
1/2 teaspoon black pepper
1 cup Lager Beer

Orange-Avocado Relish

3 oranges, zest removed from one; all three peeled and sectioned
1 avocado, diced
1 cup grape or cherry tomatoes, halved
1/4 cup Lager Beer
1/4 cup fresh lime juice
1 clove garlic, minced
1/4 cup red onion, minced
1/4 teaspoon ground nutmeg
1 teaspoon sugar
1 teaspoon salt
1/2 teaspoon black pepper

Makes: 4 servings

Prep Time: 2 - 24 hours

Cook Time: 10 minutes

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Directions:

1. To make marinade, whisk together in medium bowl olive oil, orange zest, garlic, red onion, nutmeg, salt and pepper. Stir in Lager Beer. Transfer marinade to shallow glass dish; place tuna in marinade, turning to coat thoroughly. Cover and refrigerate at least 2 hours and up to 24 hours.
2. Preheat grill.
3. To make Orange-Avocado Relish, stir together in medium bowl the orange zest, orange section, avocado, tomato, Lager Beer, lime juice, garlic, red onion and nutmeg. Add sugar, salt and pepper, stirring well. Set aside until ready to serve.
4. Grill or broil tuna, turning, until cooked through, about 5 - 8 minutes per side for one-inch thick steaks. Serve with Orange-Avocado Relish on top of tuna steaks.

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Recipe and photo courtesy of the National Beer Wholesalers Association.

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