

## Seared Spiced Halibut with Caramelized Leeks

**SPICE  
TRAVELER**  
Prescott, AZ

- 2 T Olive oil
- 2 Halibut (or tuna) steaks
- 1/2 t Wasabi powder
- 1 t Japanese Seven Spice (Shichimi Tagarashi)
- Salt, Black Pepper
- 1/2 t Plain, Coconut or Lemon sugar
- 1 C Leeks, washed, and white and light green portions sliced thin

Heat 1 T oil in a large pot over medium low heat. Add leeks and saute until translucent, sprinkle in sugar, toss well and let cook, stirring occasionally, until very soft. Meanwhile, season fish with wasabi, 7 spice, salt and pepper. Remove leeks from pan, keeping warm. Turn heat in pan to medium high. When heat is reached place steaks in pan, seasoned side down. Fight the temptation to move them! Leave them to sear for 3-4 minutes, then flip. Cook for 4-6 minutes more until just done in center. Spoon leeks over top, and serve with stir-fried vegetables.

### *Captain's Note:*

*This is just as yummy with tuna steaks. Be sure not to overcook them, though--3-4 minutes each side to leave the center of the steak nice and pink.*