



Tuna with Lime Pepper Crust

4 tuna steaks (3/4-1-inch thick, about 6 oz. each)
1 lime
2 tsp. dried thyme
1/2 tsp. black pepper
1/4 tsp. salt
1-2 tsp. vegetable oil

Rinse the tuna steaks and pat dry with paper towels. Grate the zest from the lime (you should have about 11.2 tsp.), then squeeze the juice and set aside. In a small bowl, combine the lime zest, thyme, pepper, and salt; stir to mix. Lightly rub both sides of the tuna steaks with oil and set on a broiler pan. Sprinkle the tops of the steaks evenly with about half of the lime zest mixture and let sit for 10 minutes. Preheat the broiler and set the rack 2 to 3 inches from the heat source. For medium done steaks, broil the tuna for 1 to 2 minutes, turn and sprinkle with the remaining lime zest mixture. Continue broiling until just pink in the center (cut to test), 1 or 2 minutes longer. For well-done steaks, broil about 3 minutes on each side. Do not overcook the tuna or the meat will become dry and lose its flavor. Pour the lime juice over the tuna steaks right after you take them from the oven, then serve.