



Seared Tuna Steak with Oriental Ginger Dressing



Ingredients for the Tuna:

- One 6 oz sashimi-grade tuna steak
- ¼ tsp garlic salt
- 2 TBLS roasted sesame seeds, both black and white
- 2 TBLS quality high temperature oil (avocado, peanut, canola, sunflower, sesame oil)

Ingredients for the Ginger Soy Dressing Sauce:

- 1 tsp grated ginger
- 1 TBLS Rice or cider vinegar
- 4 TBLS Soy sauce
- 1 TBLS Mirin
- 1 tsp honey
- 2 TBLS warm water

Method for Roasting the Sesame Seeds:

1. Preheat the oven to 350°.
2. Spread out the seeds on a baking pan.
3. Roast for 8 – 10 minutes, stirring every 2 minutes to roast all sides until golden brown.

Method for the Ginger Soy dressing

1. While the sesame seeds are roasting, grate ginger and measure out all the ingredients.
2. In a microwave, warm the water for 20 seconds, then add honey, and stir to dissolve.
3. Combine all the sauce/dressing ingredients, mixing them well.
4. Either use as a dipping sauce (recommended), or drizzle over the tuna slices.

Method for the Tuna:

1. Mix garlic salt and sesame seeds together.
2. Wash and pat dry the tuna steak.
3. Roll the tuna steaks onto sesame seeds to coat the steak completely on all surfaces.
4. Add the oil to a saucepan over medium/high heat, and add the tuna steak face first. Sear 30 seconds to 1 minute. Then flip and repeat the process. With a tong, rotate the steak as to allow you to sear the perimeter. The idea is to render a rare center to the steak.
5. Once cooked, transfer to a cutting board and allow to rest for one minute, the slice ¼ inch thick and plate.