



Seared Ahi Tuna with Sesame Seed Crust



Ingredients:

- 16 ounces ahi tuna, thawed (sushi-grade Saku block)
- 1 TBLs soy sauce or GF liquid aminos
- 2 TBLs high heat oil for searing- peanut oil, wok oil, avocado

Ingredients, Sesame Crust:

- 3 TBLs sesame seeds (black, or both black and white)
- 1 tsp granulated garlic powder (or onion powder)
- ½ - ¾ tsp kosher salt
- 1 tsp fresh cracked pepper
- 1 tsp sugar
- 1 tsp dried thyme

Method:

1. Mix the Sesame Crust ingredients together in a small bowl.
2. Pat dry the ahi tuna with paper towels.
3. Place ahi tuna on a plate, coat all sides with soy sauce. This will help the sesame spice adhere to the tuna.
4. Generously sprinkle all sides of the ahi tuna with the sesame mix, pressing it down into the flesh. Coat the sides.
5. The goal here is to get a nice golden sear on all sides without cooking the ahi tuna all the way through. A HOT PAN is key.
6. Heat a cast-iron skillet over medium-high heat, until *very hot*. Turn your hood fan on. Place tongs, metal spatula and splatter guard (or lid) near the stove. When the pan is hot a flick of water should sizzle loudly. Once the skillet is hot, turn the fan on *high*. Add the oil and coat the pan and let it get hot. Carefully lay the tuna in the pan, pressing it down into the skillet with a metal spatula. Sear 45-60 seconds- checking the underneath by lifting one corner to see if it is golden. When deeply golden, carefully flip. If not golden, turn the heat up. Sear the other side, 60-90 seconds until golden. Sear the long edges using tongs to hold it upright.
7. Place on a cutting board, blot if you like, then using a very sharp knife, thinly slice, and serve.
8. At this point, you could also refrigerate up to 3 days, and serve this later, chilled. Either way is good.