

Seared Tuna

- 1 ea.....Tuna Steak
- 1 Tbs.....Black Sesame Seeds
- 1 Tbs.....White Sesame Seeds
- 2 Tbs.....Vegetable Oil

1. Mix sesame seeds together and dip tuna to cover evenly.
2. Preheat a heavy skillet on the stove until it is very hot.
3. Add the oil and heat until it is slightly smoking (not burning).
4. Place tuna into skillet searing the first side until golden then flipping to do the other side.

Tuna should be red to pink in the middle.



This tuna can be served as an appetizer like I have shown here with shredded cabbage, wasabi, pickled ginger and soy sauce. It can also be served on a salad with greens, cabbage, mandarin oranges, and some green onions. And of course it can be used as a main dish with some rice and stir fried vegetables.

When searing a piece of fish it should be of good quality because fish should never be over cooked. Many stores receive their fish orders on Wednesdays and Saturdays. You should always ask. It is even better if it is sushi grade. Often the fish at the counter will be fresh frozen that they have thawed them selves. Places like Whole Foods will more often have fresh tuna but it can be several days old. Make sure that the tuna is a deep red with no browning. It should also not have any fishy flavor or smell or no sliminess to the surface. Any type of fish can be seared as long as it is fresh and of good quality.

Be creative, have fun and enjoy!!!