

Sesame Seared Tuna



Rated: ★★★★★

Submitted By:
NEWORLEANSIGLET

Prep Time:
10 Minutes

Cook Time:
10 Minutes

Ready In: 20
Minutes

Servings: 4

"Easy, great tasting tuna coated with sesame seeds, and quickly seared. This tuna is served rare, so be sure to use a good quality fresh tuna."

INGREDIENTS:

1/4 cup soy sauce	1 tablespoon rice wine vinegar
1 tablespoon mirin (Japanese sweet wine)	4 (6 ounce) tuna steaks
1 tablespoon honey	1/2 cup sesame seeds
2 tablespoons sesame oil	wasabi paste
	1 tablespoon olive oil

DIRECTIONS:

1. In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce.
2. Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat.
3. Heat olive oil in a cast iron skillet over high heat until very hot. Place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.

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