
Teriyaki Sesame Ahi Tuna

Sendik's Fine Foods

Internet Address: Visit our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

2 pounds Ahi Tuna (4 tuna steaks)

1/2 cup Kikkoman Teriyaki Sauce

2 tablespoons International Connection Sesame Oil

1/2 cup water

1/4 cup Savory & James Amontillado Sherry

2 tablespoons cornstarch

1/2 cup carrots, julienned

1/2 cup pea pod

2 tablespoons Colavita Olive Oil

1/4 cup sesame seeds

1/2 cup purple kale, shredded

Prepare the sauce by mixing the teriyaki sauce, sesame oil, water and sherry in a sauce pan. Bring to a boil and add the cornstarch mixed with a small amount water to the pan. Whisk and remove from heat.

In a second pot, boil one quart of water. Simmer the carrots for two minutes. Drain the water and submerge the carrots in an ice water bath, so they retain their color. Repeat the process with the pea pods.

In a skillet on medium high heat, add olive oil. Bread the tuna by placing the sesame seeds on a plate, and pressing the tuna into the seeds. Turn the tuna over and repeat. Carefully place the tuna in the pan and sear for two minutes. Turn the tuna over and sear for an additional two minutes. Remove from pan and set on a warm plate and cover with aluminium foil. Sauté the carrots and pea pods for one minute in the same pan. Remove pan from heat and add the shredded kale. Warm slightly.

To serve, place the tuna steaks on four warm plates. The vegetables can be arranged on top of the tuna by first placing 1/4 of the kale on each steak followed by the carrots and pea pods. Next drizzle the sauce around the steak and on top of the vegetables. Sprinkle with a few sesame seeds.

Serving Ideas: Great with steamed white rice.

Suggested Wine: Castle Rock Pinot Noir

Seafood Entrees