

Main Course

Ahi Tuna with Sesame Soy Ginger Sauce

The flavors of sesame, soy, and ginger work wonderfully on tuna steaks but also complement other types of seafood too. Experiment and try this sauce with salmon, shrimp and scallops.

You'll Need for the Sauce

- 2 tablespoons fresh ginger minced
- 1/4 cup sesame oil
- 1/4 cup soy sauce (use a little less at first)
- 1/8 cup rice wine vinegar
- 1/4 teaspoon cayenne
- 1 tablespoon sesame seed
- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup chicken broth
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You'll Need for the Tuna

- Ahi tuna steaks (as many as you need, you'll top each steak with a drizzle of sauce)
- Olive Oil



Directions

- In a bowl, add ginger, sesame oil, soy sauce, vinegar, cayenne and sesame seed. Mix and taste for seasonings.
- In a frying pan, add a drizzle of olive oil. Heat pan. After pan is heated, add tuna. Once tuna is a little white on bottom, flip it. Cook for 2 minutes. Remove tuna.
- Add chicken broth to same pan tuna was cooked in and scrape off bits left in pan. Add soy ginger sauce.
- To thicken sauce take 1 tablespoon of butter and a little more than 1 tablespoon of flour and mix together in a small bowl until it forms a paste. Once paste is formed, add most of it to sauce and whisk to remove any chunks. Sauce will begin to thicken.
- After sauce has thickened, let sit to let the flour cook in. If too thick, add more chicken broth.
- Pour sauce onto tuna and enjoy!

Play with Your Food

- Use white wine vinegar instead of rice wine vinegar.
- Use beef stock instead of chicken stock.
- Try using the white wine as the deglazing agent.

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