Wasabi Sesame Encrusted Tuna with Orange Ginger Sauce

Description

It was the second Valentines Day that Devra and I were celebrating. Devra and I take turns planning Valentines Day, switching every year. I knew that I was going to cook for her but didn't know what to make. I had gotten from her that she wanted fish and I new a place to buy great fresh tuna. So I had the base of my meal but didn't know how to put it together. We were talking one day about the sunsets so I decided to make a meal that represented the sun. I made a salad in the middle of the plate and positioned the slices of tuna in a circle around the salad, imitating the sun's rays. I used oranges for the sauce and had one left so I put the slices in the middle of the salad as if it were the heart of the sun…It was a great success.



Summary

Yield: 2
Source: Will (Alex) Martinez
Prep Time: 20 minutes

Ingredients

- wasabi paste
- seasme seeds (white, black or a mixture)
- 1 large sushi grade tuna steak
- 3/4 cup orange juice
- orange zest
- 1 tbsps lite soy sauce
- 1 tbsp ginger, grated
- 1 tbsp brown sugar * optional

Instructions

Wash tuna and pat dry with a paper towel.
Apply a thin layer of wasabi paste over the entire tuna steak (be careful, wasabi is quite strong).
Put a generous amount of sesame seeds in a large bowl or plate.
Coat the tuna with the seeds as completely as possible.
Heat a large skillet on high heat.
Sear the tuna for 2 minutes per side, or longer if desired.
Once the tuna has been seared, let it cool for two minutes before cutting into 1/2 inch wide strips.

Sauce:
In a saucepan, over medium heat, add 1/4 cup of the orange juice, 2 tablespoons of the soy, 1 tablespoon of ginger, and the 1 tablespoon of brown sugar if you choose to use it.
Partly cover the pan and reduce to 1/3 cup.
If you desire a thicker sauce, add a teaspoon of cornstarch very slowly while mixing.

