

SEARED YELLOWFIN TUNA TATAKI

INGREDIENTS

- 12 oz. Yellow fin Tuna Steak Fillets - sashimi grade
- 1 Green Onions
- 1/2 tsp. Toasted Sesame Seed - optional
- 1/2 inch Ginger
- 1 tsp. Sesame Oil
- 1 tsp. Soy Sauce
- 1/8 tsp. Togarashi or Cayenne Pepper
- 1/2 tsp. Lemon Juice



PREPARATION

1. Finely chop green onions and set aside.
2. Grind ginger down with a grinder or a garter and set aside.
3. In a small mixing bowl, add grated ginger, sesame oil, soy sauce, togarashi and lemon juice and mix together. Set aside.
4. Pat both sides of the tuna steak dry with a paper towel and set aside.
5. Preheat grill to 400°F+ then place tuna steaks on the grill and cover.
6. Grill for 20-30 seconds per side just to sear the outside. Inside should have sashimi like texture. Note - make sure not to overcook the steaks, it will be extremely tough and rubbery.
7. Transfer grilled steak and let it rest until room temperature (about 1-2 minutes).
8. Once cooled, pour the sauce and garnish with chopped green onions and toasted sesame seed.
9. Enjoy!

