



Pan Seared Ahi Tuna with Pine Nut Crust

This is such a wonderful fresh bright dish. Full of Asian flavors and crusted with buttery toasted pine nuts, you just can't go wrong with this one.

You will need:

2 ahi tuna steaks, cleaned and patted dry with paper towels(preferably sushi grade)
3 T. of sesame oil
3 T. of the marinade(ingredients listed below)

Black and white sesame seeds

For the marinade and glaze:

1/2 cup water
some freshly grated ginger(more or less depending on your preference)
1 cup Farm Fresh Raw Pine Nuts
1 T of soy sauce
1 T of hoisin sauce
1/2 tsp of salt
2 T of brown sugar
1/8 tsp of black pepper
1 tsp. of cornstarch mixed with a bit of water
*Note: I recommend doubling ingredients for extra sauce

Simple salad

your choice of salad(I like spring mix)
pine nuts(for garnish)
wasabi paste(for garnish)

For the dressing:

1/2 cup of extra virgin olive oil

1 T. of apple cider vinegar
the juice from one lemon
1 T. of orange juice
1 1/2 tsp of sesame oil
1 T. of Chinese style hot mustard(optional)
salt and pepper to taste

First, make your marinade using ingredients stated above. Then, take your ahi tuna steaks and toss them in some sesame oil, along with 3 T. of the marinade. Next, gently roll all sides of the ahi tuna steaks in some black and white, toasted sesame seeds. Reserve the rest of the marinade to make the glaze.

While the ahi is resting, place the remainder of the marinade in a saucepan, and bring to a quick rolling boil. When it boils, quickly stir in your cornstarch and water mixture. When sauce starts to thicken(about 15 seconds or so), turn off and remove from heat. Set aside.

Place your cast iron skillet on medium high heat and wait for it to slightly smoke. Carefully add in your tuna steaks and cook on first side for one minute. Flip it over gently using your hand and flat spatula, and cook on the other side for 45 more seconds. Flip again and do the sides as well(I do 20 seconds or so on the smaller sides). When the ahi is done, remove from heat, place in wrapped foil, and put it in the freezer for 20-25 minutes to stop it from cooking(it also makes slicing easier).

While the ahi is in the freezer, prepare your salad and salad dressing. Remove ahi from freezer and slice to preferred thickness. Plate your salad and tuna and take your thickened sauce from earlier and place in disposable bag(or ziplock baggie). Snip the tip of the disposable bag and drizzle the sauce directly on the ahi. Decorate the plate with more glaze, wasabi paste, and some pine nuts. ENJOY!! :)