

Sesame Seared Ahi

*You can cook this through if you prefer that to searing.

** Sushi-grade tuna is very thick and rich in protein, unlike some other types of fish. 1 oz. = 1 unit protein

Yields: eight 2 unit portions protein (2 oz.)
six 3 unit portions protein (3 oz.)
four 4 unit portions protein (4 oz.)
three 5 unit portions protein (5 oz.)

Ingredients for Fish:

1 pound (16 oz. total or four 4 oz. filets)
Sushi-Grade Yellowfin Tuna (Ahi)
2 Tbsp. White Sesame Seeds, toasted
2 Tbsp. Black Sesame Seeds, toasted
3 Tbsp. Cracked Garlic Pepper
1 Tbsp. Sesame Oil
3 Tbsp. Low-Sodium Soy Sauce
Canola Oil Cooking Spray

Directions for Fish:

Step 1: Combine the Sesame Seeds in a small skillet, not sprayed with anything, over medium-high heat. Toast until white seeds turn golden. Swish around a bit. Remove from pan to a flat plate or dish. Add the Cracked Garlic Pepper and combine evenly over entire dish. Set aside.

Step 2: Combine the soy sauce and oil in a large rectangular dish. Set the filets in and turn once. Allow to “soak” for only 2 minutes per side.

Step 3: While soaking the fish, begin heating a large skillet (or grill rack skillet) sprayed with canola oil over HIGH heat.

Step 4: Remove the filets one by one laying each side in the seed/pepper mixture, coating each side well. Place onto hot skillet and sear each side no more than 1 minute per side.

*If you wish to cook the tuna through, grill each side for up to 3 minutes, or until the fish is no longer pink.

Step 5: Remove fish to a flat serving tray. With a sharp knife, slice each filet into 1/4 “ max. thick slices “on the grain” of the fish. Serve immediately.