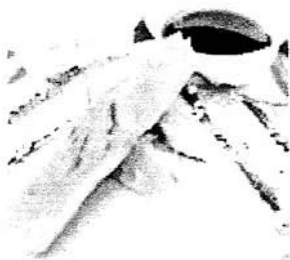


Sesame Seared Tuna

SUBMITTED BY: NewOrleansGiglet

PHOTO BY: [POOKY1969](#)

"Easy, great tasting tuna coated with sesame seeds, and quickly seared. This tuna is served rare, so be sure to use a good quality fresh tuna."



PREP TIME 10 Min

COOK TIME 10 Min

READY IN 20 Min

SERVINGS & SCALING

Original recipe yield: 4 steaks

US METRIC

4 [Change](#)

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INGREDIENTS

- 1/4 cup soy sauce
- 1 tablespoon mirin (Japanese sweet wine)
- 1 tablespoon honey
- 2 tablespoons sesame oil
- 1 tablespoon rice wine vinegar
- 4 (6 ounce) tuna steaks
- 1/2 cup sesame seeds
- wasabi paste
- 1 tablespoon olive oil

DIRECTIONS

- In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce.
- Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat.
- Heat olive oil in a cast iron skillet over high heat until very hot. Place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.

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