

PAN SEARED AHI TUNA WITH CRISPY RICE CAKES AND SESAME TERIYAKI



INGREDIENTS

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| 1 tbsp sesame oil | 3 cups of water |
| 2 tbsp garlic | 4 tbsp green onion - minced |
| 2 tbsp minced ginger root | 1 tbsp rice wine vinegar - unseasoned |
| 2 tbsp minced sesame seeds | 1 pinch of salt |
| $\frac{3}{4}$ cup of soy sauce (Kikkoman or equiv.) | 1 pinch of sugar |
| $\frac{1}{2}$ cup of rice wine sweet (mirin) | 2 tbsp of oil for frying |
| $\frac{1}{4}$ cup of brown sugar | 1 cup sugar snap peas - steamed, reserved |
| 1 tbsp of cornstarch mixed with 2 tbsp cold water | 4 yellowfin tuna steaks - Ahi, 6-8 oz each |
| 2 cups of sushi rice - nishiki, calrose, or botan | - salt and pepper to taste |
| | - (optional) wasabi, pickled ginger |

DIRECTIONS

In a medium saucepot over medium heat, sauté the garlic, ginger, and sesame seeds until they begin to turn toasted brown. Add the rice wine, soy sauce, water and brown sugar; bring to a boil. Allow to reduce by 10%. Reduce heat to medium high and whisk in the cornstarch slowly. Allow mixture to thicken, reduce heat to low, and simmer until service.

CARD 1 OF 2

PAN SEARED AHI TUNA WITH CRISPY RICE CAKES AND SESAME TERIYAKI (cont.)



DIRECTIONS (cont.)

Cook rice according to package directions and allow to cool 20 minutes off of heat. Mix in rice wine vinegar and green onions. Form into 8- 2 1/2 inch patties. Fry the patties in the oil. Drain on a rack and hold warm until service. Heat a 10" cast iron skillet with 1 tablespoon of peanut oil to very high heat (you will see smoke beginning to rise from the pan). Season the tuna with salt and pepper, and sear 1 1/2 minutes on each side for rare, and a nice brown crust is formed. Add more time to increase doneness.

Assemble plate: Stack 2 of the rice cakes onto the center of the plate. Slice tuna into 1/4" strips and lay alongside the rice cakes. Sprinkle the steamed snap peas around the outside and drizzle the sauce generously around the plate. Garnish with wasabi and pickled ginger if desired.

CARD 2 OF 2