



SEARED TUNA with PONZU

'Community Through Cooking'

BACKYARD TUNA COMPANY



SEARED TUNA

with PONZU

INGREDIENTS:

Tuna

- 2 8 oz tuna steaks
- 1 tbsp ground peppercorns
- ½ tbsp coarse sea salt
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 tsp sesame seeds
- 1 tbsp salted butter

Ponzu

- ½ cup soy sauce
- 2 limes
- 2 lemons
- 1 orange
- ½ tsp ginger, minced
- 3 cloves garlic, chopped
- ¼ cup sake
- 1 tsp sugar
- 1 tbsp rice vinegar
- 1 tsp red pepper flakes
- ¼ tsp cayenne pepper
- 1 piece kombu (seaweed)

RECIPE:

Ponzu has a very unique flavor profile. Salty at first with a vinegary, citrus finish. We've added some cayenne and pepper flakes to ours, which tastes great with the tuna if you don't have wasabi.

To make it, start by combining the soy sauce, juice from your citrus (limes, lemons & orange), ginger, garlic, rice vinegar, pepper flakes and cayenne. Soak your kombu in water for 30 minutes to soften it up.

While the seaweed is soaking, heat the sake in a small saucepan and add sugar, stirring until it has dissolved. Pour the sake-sugar mixture into the sauce. Once the kombu is ready, tear it into pieces and add to the ponzu. Place your sauce in the fridge while you prepare the tuna.

Create the seasoning for the fish first. In a mixing bowl, combine the ground peppercorns, sea salt, paprika, garlic & onion powders and sesame seeds. Coat both sides of the tuna steaks with the seasoning and place the tuna in the fridge to set.

After 30 minutes in the fridge, remove your tuna steaks and turn on the stove. In a saucepan, melt the butter and sauté your garlic. Next, place the tuna in the hot garlic-butter and cook each side for 90 seconds. Plate the tuna with your chilled ponzu sauce on the side.

Enjoy!

-Al

