

BROILED AHI TUNA WITH TAMARI-LEMON GLAZÉ

2-6 oz. Ahi tuna fillets (1" thick)

1T. sesame oil

Sauce;

1 T. tamari

1 t. rice vinegar

1 1/2 t. lemon curd

1/4 t. *toasted* sesame oil

1/8 t. ground black pepper

1/2 t. sesame, safflower, or corn oil

Garnish:

2 T. pickled ginger

1/4 t. sesame seeds

1/2 lemon

Mix all ingredients for the sauce until smooth and coat both sides of the Ahi.

Place an iron skillet under the broiler until it is very hot. Then coat the skillet evenly with 1T sesame oil. Use regular sesame oil here. The toasted sesame oil is too strong, so it's only for the sauce. Immediately, place the Ahi steaks into the hot skillet, and broil on one side for 4 minutes. Turn the fish with a metal spatula before the top gets brown. Continue to broil for 4 more minutes or until the second side is slightly browned. Remove the steaks from the skillet to dinner plates. Sprinkle raw sesame seeds on as a decorative garnish, and serve with the remaining sauce, pickled ginger and 1/4 lemon on the side.

