

Seared Ahi Tuna

2 (8 oz each) sashimi grade steaks
2 tbsp peanut oil
1 tbsp white sesame seeds
1 tbsp black
1 tsp coarsely ground black pepper
1 tsp sea salt
Wasabi paste (usually in a tube) (to taste)
Soy sauce (to taste)

Mix together, seeds, salt and pepper in a plate or shallow bowl. Coat tuna on all sides with mixture, pressing into the tuna. Heat oil in skillet. Sear tuna about 1 minute on each side, or until desired doneness; sear sides as well. Thinly slice tuna and serve with Wasabi and soy sauce combined as a dipping sauce. Makes 4 nice sized appetizers or two entrée portions.