



6-Minute Seared Ahi Tuna Steaks



Ingredients:

- 2 Ahi tuna (Yellowfin tuna) steaks (about 4 oz. each, 1" thick – see notes for thinner or thicker)
- 2 TBLs Soy sauce preferably low sodium, see notes
- 1 TBLs Toasted sesame oil see notes
- 1 TBLs Honey, see notes
- ¼ - ½ tsp Kosher salt, see notes
- ¼ tsp Black pepper to taste
- ¼ tsp Cayenne pepper (optional)
- 1 TBLs Oil canola, olive, or other high-heat cooking oil of preference
- Green onions, toasted sesame seeds, and lime wedges for serving (optional)

Method:

1. Pat the steaks dry with a paper towel. Place on a plate or inside a plastic bag.
2. Mix the soy sauce, sesame oil, honey, salt (*see note on salt*) black pepper, and cayenne pepper until honey is fully dissolved. Pour over the tuna steaks and coat completely.

Optional: allow to marinate for at least 10 minutes, or up to overnight in the refrigerator.

Optional: Reserve a spoonful or two of the marinade before coating the fish for garnish.

3. Heat a medium skillet (preferably non-stick or a well-seasoned cast iron skillet) on medium-high to high until very hot (*or medium to medium-high for nonstick*).
4. Add the cooking oil to the hot pan, searing the tuna for 1 – 1½ minutes on each side for medium rare (2 -2½ minutes for medium-well to well, 30 seconds for very rare (see notes), this will vary based on thickness of the tuna steaks).
5. Remove to a cutting board. Slice into ½ inch slices and serve garnished with green onions, toasted sesame seeds, and lime wedges, if desired.

Notes

- **A note on added salt:** kosher salt should only be used if you aren't marinating the tuna steaks for any significant amount of time, or if you are using very thick tuna steaks. If you are in doubt whether you should use it, I suggest omitting it and then seasoning it to your liking when serving with salt at the table. Marinating for a while can cause the fish to taste saltier, as it will have more time to absorb the flavor.
- **For thinner or thicker tuna steaks,** you may need less or more searing time. If you are using tuna steaks that are less than 1 inch, I recommend no more than 1 minute per side,



depending on your preference for doneness. For thicker steaks, you may need to do 2 minutes per side. You may also need less searing time depending on the temperature of your fish- if it's been sitting out of the fridge for a while, it will take less time to cook.

- Depending on how hot your burners are, you may have to experiment with how long to sear each side. Depending on the stove I'm using, I sometimes only cook it for one minute on each side for medium-rare!
- You can also grill this over hot coals or high heat on a gas grill for about 1 minute per side.
- **Carryover cooking** will occur if you let your tuna rest for too long after cooking. Slicing it immediately will result in a more rare temperature, and letting it rest before slicing will cook it further.
- I love serving this spicy tuna with some Homemade Spicy Mayo to dollop on top! It gives it more of a sushi-like flavor.

Homemade Spicy Mayo



Ingredients:

- ½ cup mayonnaise
- 2 TBLs Chili garlic sauce, Sriracha, or any Asian sauce of choice (use less for mild flavor)
- 1 tsp Toasted sesame oil
- 1 tsp Soy sauce preferably low-sodium
- 1 TBLs Lime juice from about ½ of a lime
- ½ tsp Lime zest from about ½ of a lime

Method:

1. Add the mayonnaise, chili sauce, toasted sesame oil, soy sauce, lime juice, and lime zest to a bowl. Mix together.
2. Serve on burgers or sandwiches, on sushi or poke bowls, as a dip for fries, on tacos, on Bánh Mì hot dogs, or any other way you use spicy mayo!