

April 2010 Recipe

Tuna with Wasabi Cream



Ingredients for the Sake Marinade:

1/3 Cup Soy Sauce
1/3 Cup Sake or Dry Sherry
1 tsp Asian Sesame Oil
1 tsp Asian Chile Oil
1 tsp Sesame Seeds

Ingredients for the Wasabi Cream:

1 Cup Crème Fraiche
2 tsp Wasabi Powder
2 to 4 Whole, Fresh Chives
Sesame Seeds for Garnish

Additional Ingredients:

6 Ahi Tuna Steaks

Make the sake marinade in a small non-reactive bowl. Add the soy sauce, sake, sesame oil, chile oil, and sesame seeds in the bowl. Place the tuna in a sealable plastic bag and add the sake marinade, seal the bag and refrigerate for 2 hours.

Make the wasabi cream in a small bowl, stirring together the crème fraiche and wasabi powder. Cover and refrigerate until ready to serve.

Prepare the grill for direct grilling at medium high. Oil the rack with peanut oil. Remove the tuna steaks from the marinade. Discard the marinade.

Grill the fish directly over the hottest part of the grill, turning once, until it is seared on the outside and rare in the center when tested with a knife, about 3 to 5 minutes per side. Or leave it on a little longer if you prefer your tuna cooked through.

Transfer to warmed individual plates. Garnish the wasabi cream with the sesame seeds and chives.