

# Sesame Seed Crusted Tuna

## Ingredients

### Sesame Seed Dressing

- 1 lime, juiced and zested
- 1 tablespoon white sesame oil
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 teaspoons cilantro leaves, roughly chopped

### Sesame Crusted Tuna

- 4 4-5-ounce tuna blocks, 1.5-inch by 2-inch by 5-inch
- 2 cups untoasted white sesame seeds
- 2 cups black sesame seeds
- 1 cup egg whites
- 2 limes for zest
- Salt and pepper to taste
- 2 tablespoons grapeseed oil



## Method

### To Make Sesame Crusted Tuna

Combine the white and black sesame seeds in a small bowl and set aside. Season all sides of the tuna steaks with a few pinches of salt each and one twist of fresh cracked black pepper on each side.

In a medium sized mixing bowl, whisk the egg whites to stiff peaks. Use a pastry brush to paint a thin, even layer of whipped egg whites over the tuna flesh. Zest both limes over the tops and bottoms of the tuna.

Pour the mixed sesame seeds onto a plate or sheet tray. Roll the sides and ends of the tuna into the seeds to coat. Use your hands to pack the seeds on evenly and set aside on a clean tray.

Heat grapeseed oil in a medium non-stick sauté pan over medium heat for 3 minutes. Do not let the oil get hot to the point where it starts smoking or it will burn the sesame seeds before cooking the fish. Do not let the oil get too cold, or the fish will overcook before any color is achieved. Start with only one tuna portion at a time to get familiar with the cooking process. Set the sesame-crusted tuna steaks in the oil. Tilt the sauté pan to create a reservoir of hot oil in the bottom edge of the pan, keeping the tuna loin close to the elevated edge of the pan, away from the oil.

In a medium-sized mixing bowl, whisk together the lime juice, and lime zest.

Slowly add in the sesame seed oil and olive oil.

Season to taste with salt and black pepper and sprinkle in the cilantro.