



45°N
63°W

SESAME SEARED TUNA

with Lemongrass Ponzu, Burnt Sourdough, Pea and Radish Salad

INGREDIENTS:

TUNA LOIN

- 1 Nova Scotia tuna loin
- 1 cup black and white sesame seeds
- 4 tbsp sesame oil
- Kosher salt
- 1 tbsp canola oil

PONZU

- 500 ml soy sauce
- 250 ml Rice wine vinegar
- 5 tbsp sesame oil
- 1 stock of lemon grass
- 1 knob ginger, grated or minced (*roughly the size of your thumb*)
- 2 cloves garlic, crushed

SOURDOUGH CRUMB

- 1 slice of sourdough bread

PEA AND RADISH SALAD

- 1 package of snap peas
- 5 cherry belle radishes (*The small red ones you can find in any supermarket*)
- Sesame oil to taste

INSTRUCTIONS:

TUNA LOIN

Gently cover tuna with a thin layer of sesame oil, sprinkle with salt and massage.

Pour a mix of black and white sesame seeds into a shallow pan or plate. Gently roll and coat each loin of tuna until covered. With small amounts of pressure, press your hands forcing all lingering seeds to stick to the tuna.

In a non-stick pan, heat oil to medium-high. Once hot, gently lay tuna (away from yourself as to not splash oil onto your hands) in to pan,

constantly moving to promote an even sear. Depending on the thickness of the loin, cook until rare, 20 to 45 seconds on each side. Remove from pan and place on paper towel to remove excess oil. Once cooled, portion into 1-inch thick slices.

PONZU

In a bowl, combine soy sauce (low sodium is best), rice wine vinegar and sesame oil. Set aside.

With the back of your chef knife, beat the stock of lemon grass until the fibers break and the

aroma of lemon grows. Cut into 3-inch logs and soak in soy mix. Remove skin from 1 knob of ginger (roughly the size of your thumb) and grate or mince and add into soy and lemongrass mixture.

Crush two cloves of garlic with the flat side of your chef's knife and toss into mixture.

Add sesame oil 1 tablespoon at a time until desired flavour. This is best prepared one day in advance. Once the soy mixture is fully infused with all aromatics, strain and reserve mixture.

SOURDOUGH CRUMB

Over an open flame or in a toaster, burn sourdough. You aren't looking for an incinerated slice of bread, but rather a generously toasted one. Place on a baking sheet and slowly bake until all moisture has been removed. Once removed blitz in a food processor until a fine powder develops.

SALAD

On a heavy bias, julienne pea pods and slice radish. Toss in sesame oil. Salt to taste.

Recipe provided by Andy Hay, Masterchef Canada.



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