

SESAME-CRUSTED TUNA WITH MAYONNAISE

Ingredients:

10 (3oz) Tuna steaks, 1" thick
1¼ cup sesame seeds
4 tbsp vegetable oil

Directions:

Spread sesame seeds in shallow dish. Pat tuna steaks dry. Coat steaks with 2 tbsp oil, season with salt and pepper and coat both sides of steaks with sesame seeds, pressing them firmly on to tuna. Set steaks aside.

Ingredients Mayonnaise:

1 large egg and 1 egg yolk at room temperature
1 tbsp Dijon mustard
¾ tsp salt
1 cup canola oil
½ cup extra virgin olive oil
3 tbsp lemon juice
Zest of one lemon
Parsley

Directions Mayonnaise:

Put egg, egg yolk, mustard, salt, lemon juice, and lemon zest then last the two oils in an immersion blender beaker. Place bottom of immersion blender on bottom of beaker and begin to blend. When mixture begins to emulsify gently raise the shaft to the top of the mixture and push back down to incorporate the rest of the oil. You will have mayonnaise in about 20 seconds.

May be prepared ahead to this point.

Just prior to serving: In non-stick skillets heat remaining oil over medium high heat till just smoking. Gently place sesame coated tuna in skillets and cook until seeds are golden, about 2 minutes. Carefully turn tuna with two spatulas and continue to cook until seeds are golden, tuna is opaque at perimeter, translucent red at center when checked with tip of paring knife and registers 110° at center, about 1½ minutes for rare; or for medium rare till tuna is reddish pink at center and registers 125°, about 3 minutes.

DO NOT OVER COOK.

Serve tuna with Mayo on side. Garnish mayo with some chopped parsley.

Special equipment:

Non-stick skillets
Immersion blender and beaker
Instant read thermometer.