

Kate's Place Seared Sesame Tuna (Courtesy of Kate's Place Restaurant)

Ingredients:

Tuna
Soy Sauce
Maple Syrup
Rice Wine vinegar
Sesame Seeds
Crème Fraîche
Wasabi

Directions:

Cut tuna into long strips about 1½" wide

Roll in sesame seeds.

Sear until seeds are dark but not burned and tuna is done on outside but still just warm and rare on inside.

(You can do a couple of strips cooking the tuna more if you have to for anyone not liking rare tuna).

Cut tuna into slices and divide onto plates.

Serve with Soy maple syrup sauce on one side of plate and Crème Fraîche on other.

Soy Maple Sauce:

Bring soy and maple syrup and small amount of rice wine vinegar to a simmer over low heat.

Simmer until reduced to thickness you want.