

TUNA WITH SESAME SEEDS, CRACKED CORIANDER & CRISPY GINGER

(adapted from Sally Schneider)

2 ahi-tuna steaks (sushi-quality)
3-inch piece of ginger, sliced very thin
3 Tbs peanut oil
1/4 cup sesame seeds
1/4 cup cracked coriander seeds
1/16 cup nigella seeds
salt and pepper to taste



Heat the oil over medium heat in a small saucepan. Add the ginger slices and cook over low heat for 7-8 minutes until the ginger is crisp. Transfer to paper towels with a slotted spoon, season lightly with salt, and reserve the ginger slices and the oil.

Place the sesame seeds, cracked coriander, and nigella seeds in a plate. Season the tuna steaks with salt and pepper, then press both sides of the steaks on the seeds mixture.

Heat the ginger oil in a non-stick skillet until hot, but not smoking. Place the steaks in the oil, and cook for 90 seconds on each side for medium-rare. Transfer to a cutting board, slice with a sharp knife, scatter the crispy ginger, and serve.