

Seared Itsumo Tuna



When seared on the outside and left rare in the middle, Itsumo Tuna has a delicious meaty flavour and rich, buttery texture that will make even the most hardcore steak lover smile. Seared Itsumo Tuna steaks are not only easy to fix but take just minutes to cook.



Ingredients

- 1 Large Itsumo Tuna Steak (6-8oz.)
- 2 Tbsp. White Vinegar
- 1 Tbsp. Soy Sauce
- 1 Tbsp. Sesame Oil
- ½ tsp. Wasabi Powder
- 3 Tbsp. Black Sesame Seeds
- 3 Tbsp. White Sesame Seeds

Prep time
10 mins

Cook time
1 mins

Total time
11 mins

Instructions

- Cut Itsumo tuna steak into a rectangular shape (optional, only for presentation purposes. It is not necessary).
- In a bowl, whisk together soy sauce, sesame oil and wasabi powder. Place Itsumo tuna in the bowl and coat with the mixture.
- Place a skillet or wok on the stove over medium-high heat. Allow it to heat fully.
- On a plate, mix together black sesame seeds and white sesame seeds. Spread them on the plate to create one layer. Lay Itsumo tuna on the sesame seeds and turn it to cover all sides with seeds.
- Drizzle sesame oil onto your skillet and place Itsumo tuna on the skillet. Cook on each side about 15 seconds until just seared.
- Remove from heat and cut into slices. Serve with a side of soy sauce.

Itsumo Tuna Tartare



This takes only 10 minutes and tastes like it came from a 5 star restaurant! Itsumo Tuna Tartare is just amazingly simple and outstanding!



Ingredients

- 8 oz Itsumo Tuna cut into small cubes
- 2 sliced scallions, white and green parts
- 1 Tbsp. Soy Sauce
- 1 Tbsp. Sesame Oil
- ½ Tbsp. Wasabi Powder
- 1 Tbsp Cilantro leaves chopped fresh
- ½ fresh Lime
- Crackers (optional)

Prep time
10 mins

Cook time
1 mins

Total time
11 mins

Instructions

- In a bowl, whisk together soy sauce, sesame oil and wasabi powder.
- Place Itsumo tuna, scallions, cilantro and squeezed lime juice in the bowl. Mix gently until well-blended. Allow the mixture to sit in the refrigerator for at least 10 minutes for the flavours to blend.
- Serve on crackers (optional).