

GRILLED TUNA STEAKS WITH SESAME GINGER DIPPING SAUCE **by radish*rose**

Adapted from [Fish: Complete Guide to Buying and Cooking](#) by Mark Bittman

Sauce adapted from [How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food](#) by Mark Bittman

Ingredients:

For the steaks:

Two 6-8 oz. tuna steaks
1/4 c. good quality soy sauce
1 tsp. dark sesame oil
1 T. neutral oil, such as peanut or canola

For the dipping sauce:

1/4 c. good quality soy sauce
1 T. sake or rice vinegar
1 T. dark sesame oil
1 1/2 tsp. sugar
1 large garlic clove, pressed or minced
2 tsp. ginger, peeled and finely minced
2 T. scallions, sliced
Optional: Prepared wasabi (Japanese horseradish condiment)

Equipment: Grill pan like [this](#) or seasoned cast-iron skillet

Method:

To marinate the steaks: Mix soy sauce, sesame oil, and neutral oil together. Place tuna steaks in a shallow dish and coat them with the marinade. Let marinate for 15 minutes to 1 hour, turning at least once (don't go longer or the salt will make the fish mushy).

To make the dipping sauce: Stir all the dipping sauce ingredients together until the sugar dissolves. If you like, you can stir in a little wasabi yourself, or let your diners add their own.

To cook the steaks: Put your grill pan or cast-iron skillet under the broiler and preheat the broiler and the pan together. Remove the pan from the broiler after about 10 minutes of preheating, and lay your marinated steaks on it (it should sizzle!). How long to broil the steaks? It depends on their size and thickness. Using your best judgment, broil for about 3-4 minutes per side (we did 5 minutes just on one side and our steaks, which were probably 3/4 inch thick, were way done - but this probably would have worked well if they were thicker). For tuna you do want at least a little pinkness inside (or a lot depending on how you like it).

Serve steaks with dipping sauce on the side and more wasabi for guests to add to taste. Enjoy!

Original post: <http://radishrosecooks.com/2014/06/05/grilled-tuna-steaks-with-sesame-ginger-dipping-sauce>

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