

From the book “Man Can Cook” for “The Saturday Herd”  
By Robert Sturm



## Seared Ahi Tuna

### Ingredients

1 TB. Cajun Seasoning  
1 x 3 ounce piece Ahi Tuna, sushi grade  
1 tsp. Rice Oil

### Directions

Rub Cajun seasoning on both flat sides of tuna. (On all sides of the tuna for really spicy). Place tuna in refrigerator and make sure that the tuna is really cold. Pre-heat cast iron or non-stick pan till “HOT”. Place oil in “HOT” pan. Be careful not to burn yourself. Sear tuna on each side for 1 minute. Let cool 5 minutes. Slice tuna into  $\frac{1}{4}$ ” slices and serve with pickled ginger, wasabi, soy sauce or MojoMoto Sauce.

Thursday, August 04, 2011