

## PAN SEARED BIGEYE | SESAME SOY GLAZE

Bigeye Tuna (Ahi) is known for its rich, firm texture and slightly sweet taste, coupled with the distinct flavor characteristics of tuna. Pan-searing Bigeye Tuna just until the exterior is cooked and leaving the middle rare preserves its inherent succulence and flavor.

Here, we are pairing it with a Sesame Soy Glaze, which introduces sweet, salty, umami, and slightly spicy notes, accentuating the tuna's natural flavors. The glaze, while robust, doesn't overshadow the fish; instead, it creates a delightful contrast that leads to a harmonious blend of tastes, offering a full-flavored yet balanced palate experience.

### Ingredients

- 2 (6 oz) fillets of Bigeye Tuna (Ahi)
- Salt, to taste
- Black pepper, freshly ground, to taste
- 2 tablespoons of olive oil
- White sesame seeds, for garnish
- Fresh cilantro, for garnish

### For the Sesame Soy Glaze:

- 1/4 cup of soy sauce
- 2 tablespoons of honey
- 2 tablespoons of sesame oil
- 1 tablespoon of rice vinegar
- 1 garlic clove, minced
- 1 teaspoon of fresh ginger, grated
- 1 teaspoon of cornstarch mixed with 2 teaspoons of water (optional, to thicken if desired)

### Preparation Steps

1. **Prepare the Sesame Soy Glaze:** In a small saucepan, combine soy sauce, honey, sesame oil, rice vinegar, minced garlic, and grated ginger. Bring the mixture to a simmer over medium heat. If a thicker glaze is desired, stir in the cornstarch-water mixture and simmer for another 1-2 minutes until the glaze thickens. Remove from heat.
2. **Prepare the Bigeye Tuna (Ahi):** Pat dry the tuna fillets with a paper towel. Season each side with salt and freshly ground black pepper.
3. Heat olive oil in a non-stick skillet over medium-high heat until hot but not smoking.
4. **Cook the Tuna:** Carefully place the tuna fillets in the hot skillet. Sear the tuna for about 1-2 minutes on each side, until a good crust forms but the center remains rare (or cook longer if a more well-done center is preferred).
5. **Serve:** Transfer the pan-seared tuna fillets to a cutting board. Brush each fillet with the prepared Sesame Soy Glaze, then slice into 1/2-inch thick slices.

6. To plate, place the sliced tuna on individual plates, drizzle with more glaze if desired, and sprinkle with white sesame seeds. Add fresh cilantro for an additional pop of color and freshness.
7. Serve warm with steamed rice and sautéed vegetables on the side for a complete meal.

With the combination of pan-seared Bigeye Tuna (Ahi) and Sesame Soy Glaze, you'll have a highly appealing dish that not only satisfies visually but also packs a powerful flavor punch. Enjoy your homemade gourmet dining experience!