

SESAME TUNA (WIP)

Every so often, the seafood counter at Martin's has tuna steaks. When I see it, I take advantage. This is more or less the same as "Sous Vide Fish Steak", but with an added twist; a sesame seed coating. That was an inspiration based on a Guga / Sous Vide Everything video I came across at some point, but I made some tweaks

Now here is where it gets tricky. The temperatures and cook times may be considered unsafe by some, so PLEASE do your own research to determine what is best for you and the people you are serving. DO NOT TRY THIS AT HOME!!!

20200918 (Friday):

I am changing this to a WIP. It was very good, BUT I think it will work better as a flash deep fry at 374 deg. F as opposed to a quick oven cook at 500 deg. F. I also want to see if I can get better coverage with the sesame seeds

INGREDIENTS

Qty.	Unit	Item
AR	-----	Tuna Steaks
AR	-----	EVO
1	TSP per Steak	Lemon Juice
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
¼	Cup	Corn Starch
1	Egg per Two Steaks	Large Egg
AR	-----	White Sesame Seeds
AR	-----	Black Sesame Seeds

You should be able to get the white sesame seeds in the spice aisle of your local grocery market. For the black sesame seeds, you may have to travel to the international aisle

SPECIAL TOOLS

- Vacuum Sealer [i]
- Vacuum Seal Bags [ii]
- Sous Vide Machine [iii]

PREPARATION

- 1) Check Sous Vide machine water.
 - a. Add / replace water as required

- 2) Heat the Sous Vide machine to 116 deg. F [v]
- 3) Make 1 vac seal bag for each steak [vi]
 - a. Create two seals, each one double sealed
- 4) Unwrap the fish and pat each steak dry with paper towels
- 5) Apply a thin coat of EVO all over each steak
- 6) Apply the salt and pepper to both sides. Pat in as required
- 7) Place one steak in each bag along with 1 TSP of lemon juice and vac seal
- 8) Stick vac sealed steaks in the fridge until the Sous Vide machine reaches temperature
- 9) Sous Vide for [iv]
 - a. 45 minutes for non-frozen steaks
 - b. 60 minutes for frozen steaks
- 10) About 30 minutes out, heat your oven to 500 deg. F
- 11) When the Sous Vide is done, pull the steaks and remove from the bags. Be careful!
The steaks can be fall apart tender
- 12) Gently pat the steaks dry
- 13) Lightly coat all sides of the steak in corn starch
- 14) Whisk the large egg then put in a flat bottom Tupperware container
- 15) Coat the tuna steaks in the whisked egg
- 16) Spread an even mix of the black and white sesame seeds in a flat bottom Tupperware container
- 17) Coat the fish on all sides with the sesame seed mix by laying the steaks in the sesame seeds. Don't forget the edges!
- 18) Place the steaks on $\frac{1}{4}$ sheet cooling racks in $\frac{1}{4}$ sheet pans
- 19) Cook in the 500 deg. F oven for 2 minutes
- 20) Plate with your sides of choice
- 21) ENJOY !!!

NOTES

- i. I use the Food Saver, but I do have a vac chamber sealer that I need to break out one of these days
- ii. Food Saver requires the special bags, but the vac chamber does not
- iii. I have the Sous Vide Supreme, but there are a lot of options out there
- iv. Sous Vide is generally pretty forgiving if you go long on cook times, but fish for some reason is not quite as forgiving. I've gone long before and the fish was still TASTY!
- v. OK... 116 deg. F was based on some research and was the last good temperature that I liked. Everything above that was overcooked in my opinion. Some people may consider this unsafe, so PLEASE do your own research to determine what is best for you and the people you are serving. DO NOT TRY THIS AT HOME!!!
P.S. I may try 110 deg. F next time
- vi. If you have the pre-made quart bags, those work great here too

PICTURES

No pic's yet!