

Grilled Asian BBQ Tuna

Also Known As

Course	Yield	Type of Food	Main Ingredient
Entrée	4 servings	Seafood	Fish

Comments

Recipe from Culinary Sol cooking class, "Sensational Seafood" with Chef Mark Bowers.

Prep Time 30 minutes **Cooking Time** 10 minutes **Ethnic Origin** Asian

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

		Pre-Heat? <input type="checkbox"/> Yes	Temperature			Grease Pan? <input type="checkbox"/> Yes
Measure	Ingredient			Measure	Ingredient	
4	6 oz			.25	cup	honey
4	Tbs.			.25	cup	rice wine vinegar
4	tsp.			.25	cup	sesame oil
				1	Tbs.	ginger, grated
				1		green onion, thinly sliced
.66	cup			1	clove	garlic, minced
3	Tbs.			1	tsp.	Chinese chili paste
1.5	Tbs.					
1	Tbs.					Garnish
						pickled ginger
						black sesame seeds
.5	cup					

Instructions

Take fresh fish and sprinkle ginger and sesame seeds, then rub into flesh. Set aside.

Marinade

Combine all ingredients in a mixing bowl. Fish should marinate from 2 to 4 hours. Any longer and the fish will start breaking down.

BBQ

Place all ingredients in a blender or food processor and process till well blended. Refrigerate until ready to use.

Sauté fish in a very hot pan with as little olive oil as possible. Apply BBQ sauce to fish as it cooks.

Garnish with pickled ginger and black sesame seeds