



## Everything Ahi Tuna

### Ingredients

- 4-6 6 ounce pieces of raw ahi tuna steaks at least 1 inch thick (if you can get the sushi grade stuff go for it but the non sushi grade stuff is fine since we're searing it)
- 3 tablespoons honey
- 2 tablespoons soy sauce
- 2 tablespoon poppy seeds
- 2 tablespoon sesame seeds
- ½ tablespoon lemon juice
- ¼ tablespoon coarse dried garlic
- ¼ tablespoon coarse ground sea salt
- ¼ tablespoon coarse pepper
- 1 tablespoons extra virgin olive oil (or just kinda virgin olive oil it's pretty rude to ask)

### Preparation

- Mix all the dry spices and mess together. I have measurements but seriously just take a bowl big enough for the tuna steaks to fit in and be rolled around in. Like a ball pit but for tuna that had different plans.
- Mix all the wet stuff (honey, soy, lemon juice and olive oil) in a bowl for the tuna to take a dip in.
- You treat this similarly to how you bread and deep fry things in an egg wash. With your left hand in the wet bowl and then in your right hand roll the tuna in the "everything" mixture
- Heat a nonstick/stainless pan until it's very hot then coat it with olive oil.
- Put the tuna in the pan and sear it for about 2 minutes per side the tuna should be served rare/raw in the middle.
- Let the tuna rest for about 5 minutes and then slice the tuna in roughly ¼ inch slices.
- Serve with some wasabi and soy