

# Seared Rare Tuna with Korean Barbecue

4 ea 7 oz. Tuna steaks

Salt

Pepper

Sesame seeds

Kim Chi

## Ginger Fried Rice

## Cucumber Salad

## Korean Barbecue Sauce

Toasted, unsalted peanuts

## Ginger Fried Rice

2 Tbs Oil

Chopped garlic

Chopped ginger

Sliced scallions

Chopped cilantro

Cooked, cooled white rice

Sesame oil

Fish sauce

- 1) Heat wok or skillet over high heat.
- 2) Add a pinch of ginger and garlic, stir-fry.
- 3) Add a pinch of scallion and cilantro, stir-fry.
- 4) Add rice, stir-fry.
- 5) Season with sesame oil and fish sauce, stir-fry.

## Cucumber Salad

1 ea Cucumber, peeled, seeded and sliced

1/2 ea Red onion, sliced thinly and rinsed

- 1) Toss with dressing and let sit for 1 hour.

## Cucumber Salad Dressing

1/2 C Rice vinegar

1/2 C Sugar

1 tsp Salt

3 ea Thai bird peppers, sliced

- 1) Combine vinegar, sugar, and salt in a saucepan. Bring to a boil.
- 2) Remove from heat, add chilis, and allow to cool.
- 3) Toss with julienned red onions, fresh cucumber moons, and chopped peanuts daily to make salad.

Yield: 1 C. dressing.

## Korean Barbecue Sauce

1 Tbs Peanut oil

1 ea white onions, diced large

1/3 C Rough chopped garlic

1/3 C Rough chopped ginger root

3/4 C Brown sugar

1/2 C Soy sauce

1/2 C Goju Jang

1/2 C Water

2 Tbs Sesame oil

- 1) Sweat onions and garlic in peanut oil until translucent and lightly browned. Add ginger and cook until it begins to release its aroma.
- 2) Add remaining ingredients, bring to a boil, and simmer for 20 minutes.
- 3) Puree, pass through the small China cap and cool.

Yield: 1 Qt