

Gretchen's Asian Tuna

Servings: 4

Ingredients

- ½ cup dry white wine
- ⅓ cup freshly squeezed lemon juice
- 2 cups Teriyaki sauce
- 2 tbsp sesame oil
- 2 cloves garlic, minced
- ¼ cup minced peeled fresh ginger
- 2 tsp dried red pepper flakes
- 4 tuna steaks, about 10 oz each and 2" thick
- ⅓ cup soy sauce
- ⅓ cup rice wine vinegar
- 1 tbsp sesame oil
- 2 cups water
- 2 tbsp soy sauce
- 2 tsp sherry
- 1 tsp minced peeled fresh ginger
- ¼ tsp freshly ground black pepper
- 2 tsp sesame oil
- 1 cup orzo
- 2-3 heads Baby Bok Choy, sliced
- some thinly sliced scallions, for garnish

Method

Marinade

In a large bowl, combine the wine, lemon juice, teriyaki sauce, sesame oil, garlic, ginger, and pepper flakes. Add the tuna and marinate in the fridge 30-60 minutes, turning several times.

Sauce

In a small bowl, combine the soy sauce, vinegar and sesame oil. Set aside.

Broth

Put all ingredients for the broth in a small saucepan, bring to a boil. Set aside until ready to re-heat and serve.

Orzo

Bring lightly salted water to a boil, add orzo and cook until tender, 8-10 minutes. Drain well.

Chop the white and green parts of the bok choy separately and steam the white parts for 5 minutes by themselves before adding the green parts and steaming for another 2-3 minutes.

Prepare the grill. Remove tuna from the marinade and brush with olive oil. Cook over the hottest part of the grill. Quickly searing all sides of the tuna about 2 minutes each side.

Ladle the broth into four bowls, and divide the orzo evenly among them. Place a portion of steamed bok choy over each. Place the grilled tuna on top and drizzle with the sauce (reheat sauce before doing so). Garnish with chopped scallions.

Notes

Basically nothing difficult about this recipe but there are lots of steps so I felt a bit overwhelmed the first time. Would surely improved with practice. Probably smart to start early enough that all prep stuff is done way before final steps.

This is delicious and makes me feel healthy when I eat it.