

# A Sutherland Belle

## Seared Tuna Steaks with Wasabi Edamame Slaw

### INGREDIENTS

#### *For the Tuna*

- 2 (8-ounce) thick cut tuna steaks, preferably sushi-grade ahi tuna
- 1/2 cup soy sauce
- 3 tablespoons rice vinegar
- 2 tablespoons fresh grated ginger
- 2 tablespoons white and black sesame seeds
- Fried wonton strips, garnish (*recipe below*)

#### *For the Salad*

- 6 cups (tightly packed) green cabbage, (1 large head) finely shredded
- 3 cups (tightly packed) red cabbage, (1/2 head) finely shredded
- 2 carrots, peeled and finely shredded
- 4 green onions, finely sliced on the diagonal
- 2 cups edamame, cooked per packet directions

#### *For the Dressing*

- 3 tablespoons soy sauce
- 3 tablespoons rice vinegar
- 4-5 tablespoons Kewpie mayonnaise
- 2 tablespoons toasted sesame oil
- 2 teaspoons sugar
- 2-3 teaspoons wasabi paste, adjust to taste (entirely optional)

### INSTRUCTIONS

#### *For the Tuna*

1. Marinate the steaks: In a medium bowl, whisk together the soy sauce, vinegar, and ginger. Place the marinade in a sealable plastic bag and add the steaks. Seal the bag, removing as much air as possible. Place the bag in a baking dish (to contain any mess if the bag leaks) and marinate for 30 minutes, flipping the steaks halfway through marinating for even coating.
2. Remove the steaks and discard the marinade. Heat a skillet or grill over medium-high heat until hot.

3. On a plate combine sesame seeds. Coat the tuna on both sides. Lightly grease the skillet or grill racks and add the steaks. Grill the tuna on each side for 1 to 3 minutes (time will vary depending on the thickness and temperature of the steaks, as well as desired doneness). Remove from heat and rest 5 to 10 minutes before serving.
4. Slice the steaks or serve whole, garnished with fried wontons.

#### *For the Salad & Dressing*

1. Shake Dressing ingredients in a jar until the mayonnaise is fully emulsified. Taste and add more sugar if you want.
2. Place cabbage, carrot, green onion, and half the edamame in a bowl. Add about 3/4 of the dressing, toss.
3. Set aside for at least 15 minutes to let the cabbage wilt a bit. Toss again, then pile onto serving platter or bowl. Drape over remaining edamame and drizzle with remaining dressing.

#### *For Fried Wontons*

1. Pour about 1-1/2 to 2 inches of oil into a deep, heavy-bottomed pot. Heat to 360F, use a thermometer to regulate the temperature.
2. While the oil is heating, cut as many wonton wrappers as you would like to serve into 3/4-inch wide strips. Keep wontons covered with a towel while you finish heating the oil.
3. Line a baking sheet or cooling rack with a double layer of paper towels. Set aside.
4. When the oil reaches temperature, carefully add a handful of wonton strips to the pot. They will immediately puff up. Fry for 1-2 minutes, using a spider strainer or slotted spoon to move them around in the pot. When they're golden brown on all sides, drain them with the spider or slotted spoon and transfer them to the paper towel-lined baking sheet to cool.
5. Let the oil return to 360F between each batch of wonton strips. (The temperature will drop about 10 degrees to 350 when the wontons are added.)
6. Serve over tuna and slaw.