

# **Sesame Coated Flash Fried Tuna with Galangal Chili Sauce, Pickled Ginger, Asian Slaw**

**By, Chef Steven Ferneding**

## **For the Sesame Coated Tuna:**

4 tuna steaks (about 6 ounces each)  
1 cup sesame seeds  
Salt and pepper to taste  
Vegetable oil for frying  
Pickled Ginger - Garnish

## **For the Galangal Chili Sauce:**

2 tablespoons fresh galangal- minced  
2 tablespoons soy sauce  
1 tablespoon rice vinegar  
1 tablespoon honey  
1 tablespoon sesame oil

## **For the Asian Slaw:**

2 cups shredded cabbage  
1 carrot, julienned  
1/4 cup chopped cilantro  
2 tablespoons rice vinegar  
1 tablespoon soy sauce  
1 tablespoon sesame oil  
Salt and pepper to taste

## **Let's Cook!**

### **Step 1: Prepare the Galangal Chili Sauce**

In a small bowl, whisk together the galangal chili paste, soy sauce, rice vinegar, honey, and sesame oil until well combined. Set aside.

### **Step 2: Prepare the Asian Slaw**

In a large bowl, combine the shredded cabbage, julienned carrot, sliced bell pepper, green onions, and chopped cilantro.

In a small bowl, whisk together the rice vinegar, soy sauce, sesame oil, salt, and pepper.

Pour the dressing over the slaw and toss until evenly coated. Set aside.

#### **Step 4: Coat the Tuna**

Season the tuna steaks with salt and pepper.

Press the sesame seeds onto both sides of each tuna steak to coat evenly.

#### **Step 5: Flash Fry the Tuna**

Heat vegetable oil in a large skillet over medium-high heat.

Once the oil is hot, add the tuna steaks and cook for 1-2 minutes on each side until the sesame seeds are golden brown and the tuna is cooked to your desired doneness.

Remove the tuna from the skillet and let it rest for a few minutes before slicing.

#### **Step 6: Serve**

Place a mound of Asian slaw on each plate.

Top with sliced tuna.

Drizzle with galangal chili sauce and garnish with pickled ginger.

Serve immediately and enjoy your Sesame Coated Flash Fried Tuna!