

Black Sesame Crusted Seared Tuna with Arugula and Avocado Salad and Miso Vinaigrette

Paired with 2019 Angel Camp Vineyard Pinot Noir

2 tablespoons red miso paste
2 tablespoons rice vinegar
1 tablespoon honey
1 tablespoon Asian (or toasted) sesame oil
1 tablespoon thinly sliced scallions
1 teaspoon minced fresh ginger
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
1 Ahi tuna fillet (about 1-pound), 1-inch thick
¼ cup black sesame seeds
1 teaspoon salt
1 teaspoon freshly ground black pepper
2 tablespoons canola oil (or other oil suitable for frying)
2 avocados, halved, pitted, and peeled
4-6 handfuls arugula leaves

To make the miso vinaigrette, whisk the miso, vinegar, honey, sesame oil, scallions, ginger, with the ¼ teaspoon (1.25ml) salt, and ¼ teaspoon (1.25ml) black pepper in a small bowl. Set aside.

In another small bowl, combine the sesame seeds with the 1 teaspoon (5ml) salt and 1 teaspoon (5ml) pepper. Coat both sides of the tuna with the sesame seed mixture, pressing gently to adhere.

Heat the canola oil in a medium, heavy-bottomed skillet over high heat until it is very hot, but not smoking. Sear the tuna for 1 minute on each side for rare, 2 minutes on each side for medium rare. Transfer the tuna to a cutting board and let rest for at least 5 minutes.

Slice the tuna across the grain into ½ inch strips.

Slice each avocado half lengthwise into 5 equal wedges. In a large bowl, toss the arugula with desired amount of miso vinaigrette and divide among 4 plates.

Arrange the avocado and tuna slices on top, and then serve.

Makes 4 servings.