Main dishes / Japan

# Tuna Tataki with Ponzu

Sushi-grade ahi tuna briefly seared on all sides in an almost-smoking pan until a thin cooked shell forms around a fully raw, deep-red center — sliced thin, draped with ponzu and ginger, the contrast between the warm sear and the cold interior the entire point.

**Time** 60 min **Servings** 4

## What you'll need.

- ☐ 400 g Sushi-grade ahi (yellowfin) tuna loin, in a block
- ☐ 60 g Ponzu sauce
- ☐ 10 g Fresh ginger, very finely grated
- ☐ 4 g Fine sea salt
- ☐ 2 g Freshly cracked black pepper
- ☐ 20 g Neutral oil with high smoke point (grapeseed or avocado)
- ☐ 15 g Thinly sliced green onions (scallions)
- ☐ 5 g Toasted sesame seeds
- ☐ 8 g Toasted sesame oil
- ☐ 50 g Daikon radish, julienned (optional)
- ☐ 10 g Yuzu juice or lemon juice (optional finishing acid)

## Let's make it.

**01** Place the tuna in the freezer for 30–40 minutes before searing. Very cold tuna sears faster without cooking the interior — the goal is maximum exterior heat, minimum interior cook. The tuna should feel hard at the surface but not frozen solid. Remove and immediately season all four long sides with salt and pepper.

**02** Heat a cast iron or stainless steel pan over maximum heat for 3 minutes until smoking — test by flicking a drop of water (should vaporize instantly). Add oil in a thin film. Sear the tuna block for exactly 30–45 seconds per side on all four long sides, moving it with tongs. Do not sear the ends. The tuna must never rest stationary long enough to cook through. Work quickly.

**03** Transfer the seared tuna immediately to a cold plate or rest over a small bowl of ice for 2 minutes to halt carryover cooking. Using a very sharp, thin-bladed knife (yanagiba or slicing knife), slice the tuna into 5 mm thick slices in one smooth, drawing motion — never saw. Arrange slices in a single overlapping layer on a cold plate.

**04** Drizzle ponzu over and around the slices. Spoon a small mound of grated ginger onto each slice or place at the side. Drizzle sesame oil in a thin stream. Scatter green onion and sesame seeds. Add daikon alongside if using. A few drops of yuzu juice at the very end brighten everything. Serve immediately.

**Recipe & provenance** ForkRecipe Kitchen / ForkRecipe / FoodML and contributors / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Servings are an estimate; check quantities in the source recipe.
recipes.dvs-services.be / tuna-tataki