



# TUNA STEAK WITH TOGARASHI

**Ingredients:**

tuna steak  
togarashi  
sesame seeds  
sesame oil  
lime  
soy sauce  
coriander

**Supplies:**

Shichirin  
Teppanyaki plate  
Tweezer

**Shichirin set up:**

direct heat, teppanyaki plate

Grab a bowl and add some sesame oil and soy sauce.

Stir well to ensure the sesame oil and soy sauce are evenly mixed.

Add the tuna and make sure it is well coated with the mixture.

Sprinkle some togarashi over the tuna.

Make sure the togarashi covers the entire tuna.

Place the teppanyaki plate on the Shichirin and let it get hot.

Light the shichirin and open the ventilation slide to quickly reach a high temperature.

Once the teppanyaki plate is up to temperature, it's time to place your tuna steak on the shichirin.

Sear the tuna briefly at high heat; the outside should cook while the inside remains raw, as long as you're using fresh tuna.

Once the entire outside is seared, remove the tuna steak from the shichirin and slice it into pieces.

Drizzle some lime juice over the tuna slices.

Next, add some coriander to the slices. If you don't have coriander, mint is a great alternative.

Finally, sprinkle some sesame seeds over the slices.