



the fit gourmet

Sesame Crusted Tuna

with
Orange-Marmalade Sauce

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Photos by Rilly the kid

Fresh Tuna seared w/ an Orange Twist!

*The rich, red flesh of the Bluefin Tuna cooks to a wonderful white "steak". Tuna is great for searing, broiling, baking and sauteing. The highest grade of Tuna has a higher fat content, develops a deeper red color that commands a higher price and is great for sashimi and other raw preparations. Tuna is graded for fat content and color as well as freshness. Only the most red and highest fat content fish are used for sashimi and sushi. A great source of Omega 3's!



***Open Sesame!
A Healthy Meal In Just Minutes!***

Seesame Crusted Tuna

INGREDIENTS:

¼ cup dark sesame seeds
¼ cup white sesame seeds
1 T. flour, whole-wheat
¼ tsp. black pepper
¼ tsp. salt
4 (6-ounce) Bluefin Tuna Steaks (approx. 3/4 -inch thick)
1 T. olive oil
½ cup fresh orange juice
1 T. honey
1 T. soy sauce, low-sodium
1 tsp. orange zest
1 tsp. dark sesame oil
1 tsp. fresh ginger, minced
2 garlic cloves
1 T. water
2 tsp. cornstarch
¼ cup scallions, thinly sliced
fresh orange slices for garnish

DIRECTIONS:

- 1 On a large plate combine together sesame seeds, flour, pepper and salt. Dredge all sides of tuna steak through sesame seed mixture. Set aside.
- 2 In a large skillet (preferably cast iron) heat olive oil over medium-high heat. When pan is good and hot add tuna steaks then cook 2-3 minutes on each side or until desired doneness. (While turning fish, be sure to quickly sear each side for just a few seconds to quickly brown all sides evenly).
- 3 Meanwhile, in a small saucepan, combine orange juice, honey, soy sauce, orange zest, sesame oil, ginger and garlic. Bring to a boil over a medium-high heat. Combine water and cornstarch together, whisk until smooth. Add cornstarch mixture to pan, reduce heat and simmer for approx. 2 minutes, stirring frequently, until sauce thickens.
- 4 Serve tuna steaks over couscous topped with orange marmalade sauce and sprinkled with scallions. Snow peas make a great accompaniment to this dish.

SESAME SEEDS

Visit almost any fast food burger joint and you'll likely notice sesame seed on your sandwich bun. What may surprise you; however, is just how many of those tiny seeds we consume each year. Last year alone, the United States imported more than 102 million pounds of sesame seed, the majority of which went right to those buns. Although breads, rolls and bagels are among the most familiar foods associated with sesame, its uses extend far beyond the realm of baking.

Sesame seed is a versatile seed that can be used in many of the same ways as nuts. The seed has a nutty, sweet aroma with a milk-like, buttery taste. When toasted, its flavor intensifies, yielding an almost almond- or peanut butter-like flavor. Rich in calcium, vitamins B and E, iron, and zinc, sesame is high in protein and contains no cholesterol. It is a key ingredient in a variety of world cuisines, especially Asian, Middle Eastern and Mediterranean.

Sesame is thought to be one of the oldest spices known to man and is likely the first crop grown for its edible oil. Babylonians used the oil to make sesame cakes, wine, brandy, and toiletries. From as early as 1500 B.C., Egyptians believed sesame to have medicinal powers. What's more, the famous phrase "Open Sesame" was the magical password that opened the entrance to the cave in Ali Baba and the Forty Thieves. This reference is perhaps attributable to the fact that ripe sesame seeds burst from their pods with a sharp pop. In Africa, sesame seed was called benne and considered good luck. Today, in the southern United States, sesame seed is still widely known as benne.

In Mediterranean cooking, sesame seed is often used in sweet dishes and desserts. Its nuttiness makes it a natural accompaniment to ice cream, sugar cookies, cookie bars, cakes, muffins, breads, and especially chocolate. Chocolate lovers take note: once you try the sesame-chocolate combination, you'll wonder why you never thought of it before! Sesame seed is also a delicious addition to salads, noodle dishes, chicken, pork, and vegetables.

The sesame plant, *Sesamum indicum*, is cultivated in Central America, India, Sudan, China, and the United States. It is an annual that grows three to six feet high. Its stems have white, lilac or pink flowers and bear capsule-like fruit, which contains the seeds. The fruit is harvested by hand, and the capsules shatter when fully ripe, releasing the seeds. Hulled seeds are pearly white, tear-shaped and flat. Because of their oil content, sesame seeds have a shelf life of about two years if stored tightly capped in a cool, dry place or in the refrigerator.

Reference:

<http://www.foodreference.com/html/fsesameseeds.html>

and on

Orange Couscous

If you can boil water, you can make couscous...
One of the quickest, easiest side dishes!

Ingredients:

¾ cup water or vegetable broth
¼ cup orange juice, freshly squeezed
1 tsp. extra virgin olive oil
1 tsp. orange zest
¼ tsp. salt
1 cup packaged quick-cooking couscous
1 green onion, chopped, for garnish

Directions:

1 In a large saucepan combine water, orange juice, olive oil, orange zest and salt. Bring to a boil. Remove from heat and stir in couscous. Cover and let stand for 5 minutes. Fluff with a fork and garnish with chopped green onion.



the side

Snow Peas with Red Peppers

A great way to boost your vitamin C and your folate intake!

Ingredients:

1/2 T. olive oil
2 cups snow peas, washed and trimmed
1 large sweet red pepper, cut into short strips
1 garlic clove, minced
¼ cup scallions, thinly sliced
1/2 tsp. salt-free herb-and-spice blend
1 T. sesame seeds, toasted

Directions:

1 In a medium skillet, heat oil over a medium-high heat. Add snow peas, red peppers, garlic and onion; sauté until tender. Add toasted sesame seeds and herb-and-spice blend, toss together well and serve.



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