



Fresh. Simple. Sustainable.

**Seared Tuna with Ginger-Garlic Marinade**  
**adapted from *Cooks Illustrated***

1 pound tuna  
1 tablespoon tamari  
½ tablespoon toasted sesame oil  
½ tablespoon rice vinegar  
1 teaspoon minced garlic  
1 teaspoon minced fresh ginger  
1 tablespoon scallion, thinly sliced

Combine everything but the tuna in a non-reactive container. Add tuna and marinate for ½ hour. Heat grill to medium hot. Brush grill grates well with oil. Sprinkle tuna with salt and pepper. Grill for approximately 2 to 3 minutes per side for rare. If cooking indoors, heat grill pan or cast-iron skillet to medium high. Cook for approximately 3 minutes per side.