

# Tuna Steak with a Lemon Caper Sauce

**Yield:** 2 serves | **Prep:** 10 min | **Cook:** 15 min | **Source:** thestranger.online

A tuna is a saltwater fish that belongs to the tribe Thunnini, a subgrouping of the Scombridae (mackerel) family. The Thunnini comprise 15 species across five genera, the sizes of which vary greatly, ranging from the bullet tuna (max length: 50 cm or 1.6 ft, weight: 1.8 kg or 4 lb) up to the Atlantic bluefin tuna (max length: 4.6 m or 15 ft, weight: 684 kg or 1,508 lb), which averages 2 m (6.6 ft) and is believed to live up to 50 years.

Tuna, opah and mackerel sharks are the only species of fish that can maintain a body temperature higher than that of the surrounding water. An active and agile predator, the tuna has a sleek, streamlined body, and is among the fastest-swimming pelagic fish – the yellowfin tuna, for example, is capable of speeds of up to 75 km/h (47 mph).

## Ingredients

### Tuna:

- 750 g tuna (steaks)
- 2 ml sesame seeds
- 1 Salt (to taste)
- 1 Pepper (to taste)

### Lemon Caper Sauce:

- 40 g capers
- 25 g parsley (chopped)
- 75 ml oil (olive)
- 1 lemon (Juice)
- 1 lemon (zest)
- 2 ml egg (yolk, emulsification)
- 2 ml salt
- 2 ml pepper

## Notes

You require a nice thick steak or it will be overcooked in a matter of seconds.

Serve with a simple rocket or leafy salad with cherry tomatoes that have been slightly roasted in the oven, drizzled in a little oil or with grilled leeks, as ever, it is your choice.

Finally serve with a sprinkling of black and white sesame seeds atop the steak.



## Instructions

1. Remove the steaks from the fridge and allow them to come to room temperature.
2. Since these take a ridiculously short time to cook it is vital you have your sauce ingredients all ready and good to go.
3. Prepare the tuna steaks by adding seasoning generously with salt and pepper on all sides and a drizzle of oil. Adding the seasoning prior to the oil allows us to lose some of the seasoning but to hold on to the right amount.
4. Purée the capers and parsley, as fine as you can, within an inch of their existence as a solid. In a small to medium bowl add the egg, the capers, parsley, olive oil, the juice and zest of the lemon and combine thoroughly, this shall be served cold and could also double as the salad dressing.
5. Heat a large non stick griddle over a fierce heat. Sear each of the sides and the edges of the steaks for a maximum of 60 seconds on each side, with 10 to 15 seconds on the edges. If you require a cross hatching effect rotate 90 degrees after 30 seconds,
6. When seared sprinkle with the sesame seeds if you desire them and allow to rest for 3 to 4 minutes before serving.
7. Slice the steaks in half, add the sauce over the steak and serve.