

Sesame Encrusted Albacore with Apricot Glaze

1 Oregon Albacore tuna loin
Salt & pepper to taste
1/2 cup sesame seeds
1/4 cup sesame oil
3 tbsp shallots, minced
1 tbsp butter
1/2 cup apricot jam
1/4 cup balsamic vinegar
2 tbsp fresh cilantro, chopped
Pinch red pepper flakes

Season the tuna loin with salt & pepper. Roll the whole loin in the sesame seeds, gently pressing the seeds into the meat, until well coated.

Add the sesame oil to a large heavy pan over high heat. When the oil is very hot, lay the tuna loin in it carefully so as not to splash. Sear the loin on all sides until the sesame seeds turn golden brown. Remove the tuna from the pan and set aside to cool.

In a saucepan over medium high heat, sauté the shallots in the butter until they begin to caramelize and turn golden. Reduce the heat and add the apricot jam, balsamic, cilantro and the red pepper flakes. Continue to cook until the jam is fully melted and everything is well incorporated. Set aside over very low heat, stirring occasionally.

When the tuna is cool enough to handle, cut it into 1-2 inch thick rounds. Place the rounds on a grill or in a pan over medium high heat. Cook for 1 minute on each side, basting carefully with the apricot glaze so as not to dislodge too many of the seeds. Serve immediately.

Serves 3-4