

# AHI TUNA POKE

Last Modified: 05/23/2014

PREP: 2 Hrs  
COOK: 5 Min  
GRILLED

**F EASY**

HAWAIIAN

**MAKES 12 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Sashimi Grade Ahi Tuna Steak	Seared
OR			
2	Pounds	Ahi Tuna Fillet	Seared
2	Tbsp	Extra Virgin Olive Oil (EVOO)	
3	Stalks	Green Onions (Greens Only)	Thin Sliced
1/2	Cup	White Sesame Seeds	Toasted

<b>MARINADE</b>			
1/2	Cup	Soy Sauce (Lee Kum Kee)	
1/3	Cup	Rice Wine Vinegar (Colavita)	
2	Tsp	Sambal Olek (NOT Bajak)	
2	Cloves	Garlic	Minced
2	Tbsp	Fresh Ginger (Peeled)	Minced

<b>SERVING SIDES</b>			
1/3	Cup	White Sesame Seeds	Toasted
1/2	Cup	Macadamia Nuts	Fine Chop
20	Small	Bibb Lettuce Leaves	Washed
OR			
20	Small	Romaine Lettuce Leaves	Washed
OR			
20	Small	Bok Choy Leaves	Washed

<b>SERVING SAUCE</b>			
1/2	Cup	Soy Sauce (Lee Kum Kee)	
3/4	Cup	Green Onions (Greens Only)	Thin Sliced
2	Tbsp	Sesame Oil (La Tourengelle)	
1	Tbsp	Fresh Ginger (Peeled)	Grated
1	Whole	Fresh Chile Pepper (Cored & Seeded)	Fine Mince
1/4 +/-	Tsp	Granulated Sugar	To Taste

<b>PREPARATION</b>	
<b>FACTOID</b>	Poke (pronounced POH-kay) is served in most Hawaiian homes and restaurants as an Appetizer or Side Dish, and no gathering in Hawaii would be complete without a few bowls of Poke. In Hawaiian, Poke means "cut piece" or "small piece." Poke is bite-sized pieces of marinated or seared Fish (NOT necessarily Ahi Tuna) doused in seasonings. Poke is actually the Hawaiian version of the elegant Japanese Sashimi (a combining of the Hawaiian and Japanese tastes for raw fish)
<b>NOTE</b>	While Poke is traditionally simply marinated for a couple of hours and is not usually seared. Classier restaurants tend to serve it both ways. I personally prefer it lightly seared with an appropriate dipping or drizzling sauce (See Pictures).

# AHI TUNA POKE

<b>NOTE</b>	If you cannot buy freshly caught fish, purchase only fresh Sashimi or Sushi-Grade Fish. Look for Tuna Fillets that are bright in color, not dull or darkened or dry looking. Buy either Loins or thick Fillets (at least 1 inch thick). Press your finger into the Fish, if the dent rebounds immediately, it's fresh.
<b>TOOLS</b>	1) Small Mixing Bowl 2) Gas Grill OR Cast Iron Griddle Pan 3) Small Non-Stick Skillet 4) Micro Plane Grater 5) Metal Pie Tin
<b>PICTURE #1</b>	For an attractive presentation, you want your Tuna Fillet to look like the one shown. Cut and slice the piece you purchased so that it looks as closely as possible.
<b>PREP</b>	<b>DISH:</b> 1) In a small dry non-stick skillet over medium heat, toast the Sesame Seeds until golden brown and set them aside.
<b>PREP</b>	<b>DISH</b> 1) Thinly slice the Green Onion greens and set them aside.
<b>PREP</b>	<b>MARINADE</b> 1) Mince the Garlic Cloves and set them aside. 2) Peel and mince the Ginger and mix it into the Garlic.
<b>PREP</b>	<b>SERVING SIDES</b> 1) Finely chop the Macadamia Nuts and set them aside. 2) Wash and trim the Lettuce Leaves, pat them dry and set them aside.
<b>PREP</b>	<b>SERVING SAUCE</b> 1) Thinly slice the Green Onion greens and set them aside. 2) Peel and mince the Ginger and mix it into the Green Onions. 3) Cut the Chile Pepper in half, seed, de vein and finely mince it and mix it into the Green Onions.
<b>1</b>	<b>MARINADE:</b> In a small mixing bowl, thoroughly combine the Marinade Ingredients together. Place the Tuna Fillets and Marinade Mixture in a zip lock plastic bag large enough that they will lay flat. Refrigerate them for 2 hours, NO LONGER, turning them often so the Marinade evenly coats the Fillets. Since this is a "Fish", the acids contained in the Marinade are actually "cooking" the Meat. Too long spent in the Marinade will make the Meat texture mushy.
<b>2</b>	<b>SERVING SAUCE:</b> In a small mixing bowl, mix the Serving Sauce Ingredients thoroughly together, season to taste with the Granulated Sugar and set it aside. Make certain that the Sugar has completely dissolved.
<b>3</b>	<b>FILLETS:</b> Preheat the Grill or Pan until it is smoking hot. Lightly Oil the grates just prior to searing the Meat to keep the Tuna from sticking. Meanwhile, remove the Tuna from the Marinade, pat them dry with paper towels and rub the Fillets on all sides with Extra Virgin Olive Oil using your hands. Place 3 to 4 tablespoons of the Toasted Sesame Seeds in a pie tin and roll the Oiled Tuna Fillets in them to coat them evenly.
<b>PICTURE #2 &amp; #3</b>	Using Tongs, place the Fillets over the hottest part of the grill or pan. Sear for about 30 seconds on all 4 sides. You want it to just turn a medium grey color.
<b>PICTURE #2</b>	Allow the Seared Fillets to cool completely. Thinly slice the Fillets into pieces across the grain. Arrange them on a serving platter and drizzle lightly with the Serving Sauce. Sprinkle the top generously with the Toasted Sesame Seeds and Green Onions.
<b>SERVE</b>	Serve with small whole Lettuce Leaves to use as a kind of Taco Shell with a little extra Serving Sauce and some finely chopped Macadamia Nuts on the side.