

# Seared Tuna Sushi Roll

## **For the seared tuna:**

8 oz. fresh tuna fillet  
1/4 tsp. shichimi (Japanese 7-spice powder) or a pinch of cayenne  
1/3 cup soy sauce

## **For the rolls:**

3 sheets toasted nori (dried seaweed)  
1/2 recipe Sushi Rice, slightly warm  
3 Tbs. wasabi powder, mixed with 2 to 2-1/2 Tbs. cold water to make a paste  
6 scallions  
4 oz. Japanese radish sprouts  
julienned cucumber

## **Preparation:**

*Season the tuna fillet with the shichimi or cayenne and marinate it in the soy sauce for 5 minutes. Heat a skillet over medium-high heat. Sear the tuna for 1-1/2 minutes on each side. Slice the fillet against the grain into horizontal strips.*

*Lay one sheet of nori on a bamboo rolling mat, aligned with the edge of the mat that's closest to you. Moisten your hands with a water to keep your hands from sticking. Grab a large handful of rice and squeeze it lightly to form a loose oval ball.*

*Spread the ball of rice across the top of the nori. Using both hands, "pull" the rice down to cover the nori. Spread a pinch of wasabi in a stripe across the middle of the rice (a little goes a long way). Arrange the strips of seared tuna, the radish sprouts and the scallions in a band over the wasabi.*

*Moisten the strip of nori farthest from you. Lift the edge of the rolling mat closest to you. Tucking the ingredients into the middle of the roll, bring the edge of the mat over the ingredients and straight down. Press the roll together with your thumbs and middle fingers, while pressing down on the roll with your index fingers.*

*Lifting just the edge of the mat, pull it forward so that the nori roll rolls another quarter turn. The seam will now be on the bottom. Press again with fingers and thumbs, molding the roll into a squared log.*

*Dip a sharp knife into a bowl of water. Cut the roll in half and then into thirds into thirds. Enjoy!*