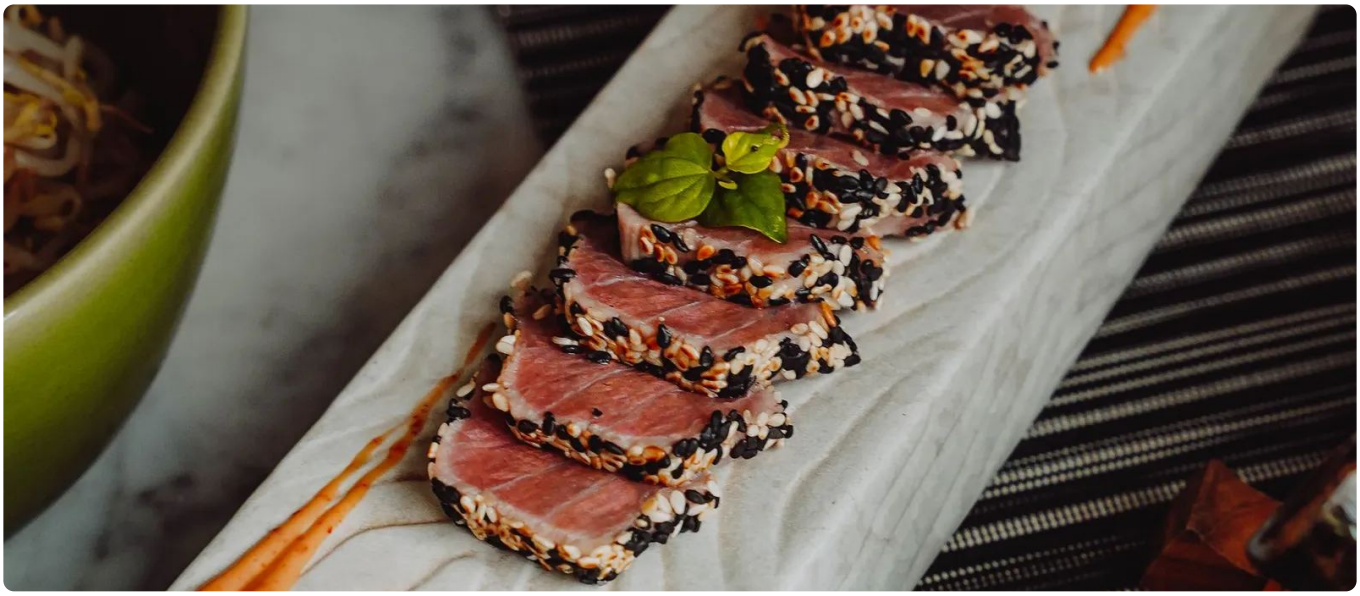
DIRECT · MEDIUM

Sesame-Crusted Seared Bluefin Tuna on the Kamado (Tataki)

A bluefin tuna loin rolled in sesame and seared 30-45 seconds per side over a screaming-hot kamado: a toasted crust outside, a raw, juicy core, and a soy, ginger and lime sauce that wakes it all up.



PREP	COOK	SERVINGS	TEMPERATURE
20 min	4 min	4	280 °C

Ingredients

- **600 g** bluefin tuna loin in one rectangular piece (sushi-grade)
- **3 cda** soy sauce
- **15 g** fresh grated ginger
- **2 cda** extra virgin olive oil
- **4 cda** sesame seeds (white and black mix)
- **1 ud** lime (juice and zest)
- **1 cda** toasted sesame oil
- **1 pizca** flaky sea salt

Method

1 TEMPER THE TUNA

Take the tuna out of the fridge 15 minutes ahead and pat it very dry: a wet surface won't hold the sesame and steams on the griddle. Trim it into rectangular blocks about 4-5 cm thick, which sear more evenly than an irregular piece.

2 CITRUS SAUCE

Whisk the soy sauce, lime juice and zest, grated ginger and toasted sesame oil. Taste and adjust: it should be sharp and fresh, not salty. Set it aside for the end; used as a marinade it would scorch its sugars during the sear.

3 SESAME CRUST

Brush each block with a little olive oil and a pinch of flaky salt. Spread the sesame on a plate and press the tuna onto all four long faces until evenly coated. Press, don't sprinkle: the crust must stick so it doesn't fall off on the griddle.

4 COALS GLOWING

Set the kamado up for direct heat, no deflector, grate low with a cast-iron griddle on top. Open the vents and bring the dome to 280 °C. The griddle is ready when a drop of water dances and vanishes instantly; an infrared thermometer should read 250-280 °C at the surface.

5 SEAR 30-45 S

Lay the blocks on the griddle and sear them 30-45 seconds per side, turning to toast all four long faces. Don't fidget with them while they sear. The centre must stay raw, red and cool: go past a minute per side and the tuna starts to cook through and loses the point.

6 REST AND SLICE

Move the tuna to a board and let it rest 2 minutes so residual heat settles the crust. With a very sharp knife, cut 1 cm slices against the grain. Fan them out, spoon over the citrus sauce and finish with sesame or chives. Serve at once.

Editor's tips

- Buy tuna with traceable provenance, ideally almadraba, and ask for sushi-grade. To avoid anisakis, AESAN rules require freezing it at -20 °C for 24 hours (or -35 °C commercial blast-freezing) before eating it raw or rare.
- Drying is non-negotiable. Wet tuna won't grip the crust, drops the griddle temperature and ends up steaming in its own moisture instead of toasting. Paper towel it thoroughly right before coating.
- Always slice against the grain with a very sharp knife: a dull blade crushes the fibre and wrecks the crust. A fish knife or a Japanese santoku gives clean slices in a single pass.

Gear for this recipe

Big Green Egg Large

Tataki lives on dry, steady heat, and here the ceramic of the Big Green Egg Large plays in another league: it holds temperature when you lift the lid to put the tuna on, so the griddle doesn't crash at the very moment of the sear. With the vents open it cruises to the 280 °C dome you need to toast the sesame in 30-45 seconds per side. The Large size gives plenty of room to sear several blocks at once without crowding them.

mikamado.es/en/kamados/big-green-egg-large

Jealous Devil 100% White Quebracho lump charcoal 15.8 kg

mikamado.es/en/accesorios/jealous-devil-quebracho-lump-charcoal

Lodge Square Cast Iron Griddle 11" (28 cm)

For such a short sear you need a flat, heavy surface that stores heat and gives it back in one hit; a grate leaves bars but won't cover the whole sesame crust. Lodge's square cast-iron griddle (28 cm) does exactly that: fully heated, it browns all four faces of the tuna completely and evenly, with no seeds slipping between bars. Preheat it inside the kamado with the lid shut and you'll have a stable 250-280 °C base ready for the tataki blast.

mikamado.es/en/accesorios/lodge-plancha-cuadrada-11

Ooni Digital Infrared Pizza Oven Thermometer

In tataki the surface temperature is everything, and the kamado's lid thermometer reads the air in the dome, not the iron. Ooni's infrared thermometer lets you point straight at the griddle and confirm you're at a real 250-280 °C before the tuna goes on: the difference between a crisp crust and a fish that cooks through. It's an instant, no-contact reading that turns the 30-45 second sear into something repeatable instead of a gamble.

mikamado.es/en/accesorios/ooni-termometro-infrarrojo

Kai Shun Classic DM-0702 – 18 cm Japanese Santoku in VG-MAX Damascus Steel

mikamado.es/en/accesorios/kai-shun-classic-santoku-18-dm-0702

Full recipe at: mikamado.es/en/recetas/atun-rojo-sellado-sesamo-kamado

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