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You are perfectly aware of current diet trends; people are most often found to gorge on sumptuous seafood recipes to put a halt to excessive protein intake and avoid calorific food that are usually consumed while you opt for delicious sins. Next week you have invited your boss and wife to dinner; you have already heard that he is a perfect foodie who loves to pamper his taste buds. What about his wife? Well she is a complete fitness freak and wouldnâ€™t mind to say no if you invite her for a calorific dinner. So, itâ€™s better to treat them with seafood dinner; theyâ€™ll definitely love it.

Seafood recipes mostly include cooked lobster, crab, clam, mussels, tuna, salmon and more. For those who are in love with sumptuous Tuna recipes, here is an attempt to fulfill their cravings with Sesame Seared Tuna. Surprise your boss and her wife with excellent culinary skills as you treat them with excellent seafood dinner:

What do you need for this completely out of the world seafood recipe? Here take a glance:

Soy sauce, Â¼ cup

Honey, 1 tablespoon

Sweet wine from Japan (mirin), 1 tablespoon

Sesame oil, 2 tablespoon

Vinegar (rice wine), 1 tablespoon

Tuna steaks, 6 ounce

Wasabi paste

Olive oil, 1 tablespoon

Sesame seeds, Â½ cup

How to Cook Sesame Seared Tuna- A hand picked seafood dinner recipe

Take a small bowl and put in honey, sesame oil, mirin and soy sauce. Stir them well to make a smooth blend. Now, divide the mixture into two equal halves. Add in rice vinegar to one part of the blend to prepare dipping sauce. Its time that you entirely spread the sesame seeds on a separate plate. Now take the tuna steaks and coat them with enough soy sauce mixture following, which you need to press the steaks on sesame seeds for a crispy coat. Take a skillet made of cast iron and heat olive oil in it. Now, place the tuna steaks on heated oil and sear for around 30 seconds for each side of the steak. Dip the steak in the soy sauce blend and have it hot with wasabi paste.

Wow!! That is quite an uncommon seafood dinner for many, because people mostly gorge on lobster and crabs at night. Try out this deliciously yummy recipe to impress your boss and his wife.

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Makjones - About Author:
Mak Jones is a Chef who has knowledge about Maine Lobsters. To know about a seafood dinner and a lobster, please do visit a getmainelobster.com/

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