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Grilling Tuna Steak For A Simple Gourmet Meal

By James Smith

Looking for a delicious and simple way to grill up that fresh tuna steak that you just caught or

bought from the local seafood market? Grilled tuna steak is a delightful and exciting entree for any special meal. There are various methods to spice up and flavor your catch, but today we want to talk about a popular method using wasabi powder. This unique spice is being used by many top chefs to add a special flare and flavoring to the tuna.

Assemble the following recipe ingredients:

· tuna steaks, cut to a thickness of 3/4 inch to 1 1/2 inch each (your preference) · 4 to 6 ounces of butter · 1 cup of teriyaki marinade · 1 tablespoon of wasabi powder · 2 chopped green onions · 1 tablespoon of olive oil, peanut oil, or vegetable oil · salt and pepper to taste

Get started by marinating the tuna in the teriyaki marinade. Place the tuna into the marinade and completely coat both sides of the meat. Cover, place into the refrigerator and let the tuna sit and marinate for an hour or more, overnight is good too.

When ready, start up your grill and get it good and hot, but not too hot. Ideally bring it to the same temperature as if you were grilling a regular beef steak on the grill. Then mix the wasabi powder, butter and the green onions together and place it aside for the time being. Once the grill is to the ideal temperature and you are ready, then brush the oil onto the tuna steaks and season the meat with salt and pepper to taste. While grilling, periodically baste the tuna with the left over teriyaki marinade. This will help to keep the tuna moist and add additional flavor. Cook until they are done to your desired temperature, then serve with the butter. You can also let some butter melt on the tuna fillets as they are cooking as well.

Alternative set of recipe ingredients and marinade flavoring:

· tuna steaks, 1-inch thick · Sesame oil · 1 rounded tsp. cornstarch · 1/3 c. rice vinegar · 1/3 c. mirin · 1/3 c. soy sauce · 3 tbsp. minced crystallized ginger

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Popular tuna species:

Tuna is a popular, delicious and rich tasting seafood that is prepared in many ways. It is perfect for grilling, sautee, and broiling. The flesh of tuna is pink because the tuna's muscle tissue has a higher oxygen capacity than other fish species.

- **Bluefin:** An important source of seafood, providing much of the tuna used in sushi. It is a particular delicacy in Japan where it has been reported that the price of a single giant tuna can exceed \$100,000 on the Tokyo fish market.
- **Yellowfin:** found in open waters of tropical and subtropical seas worldwide, though not in the Mediterranean Sea. It has been reported to be up to 94 inches in length and 440 lb in weight. The second dorsal fin and the anal fin are both bright yellow, thus the common name, and they are very long, as are the pectoral fins. The main body is very dark metallic blue, changing to silver on the belly.
- **Albacore:** found in the open waters of all tropical and temperate oceans, and the Mediterranean Sea. It is a prized food, and a significant fishery. Methods of fishing include rod and reel, long-line fishing and purse seining and are highly sought after by sport fishers and recreational fisherman.
- **Bigeye · Blackfin**

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Grilled Albacore Tuna Steak Recipes

By Hans Dekker

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Grilled albacore tuna steak recipes add flair to your dinner table. Asians have a way of spicing up any fish dish with their own wasabi powder. This is a Japanese horseradish and many chefs today use this spice to bring a very unique flavor to tuna steak.

Here is just once example of grilled albacore tuna steak recipes that use the spice above. You will need to have the following ingredients to prepare this delectable meal; tuna steaks, ½ cup of teriyaki marinade, 4 ounces of butter or margarine, 1 tablespoon of wasabi powder, 2 chopped green onions, 1 tablespoon of olive oil, peanut oil, or vegetable oil, salt and pepper. First you will need to marinate your tuna steaks in the teriyaki marinade. You should place the tuna steaks in the marinade and turn to coat

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the entire steak in the marinade. Marinate for at least one hour in a covered dish in the refrigerator. You can marinate overnight if you prefer. When you ready to cook your meal, mix together the wasabi powder and green onions in a bowl and set aside. Get your grill ready; lightly brush your tuna with the oil and season with the salt and pepper. You can use the remaining marinade to baste your tuna steaks while they are grilling. Grill your tuna steaks to desired doneness and serve with the butter.

Instead of using the wasabi butter recipe for your grilled albacore tuna steak recipes you can make your own unique sauce to accompany your delicious meal. You may enjoy a spicier sauce, if so you should try this one. You will need 1/3 cup of your favorite steak sauce, ¼ cup of ketchup, 1 tablespoon of hot sauce or pepper sauce, ¼ cup butter of margarine melted, 1 tablespoon of vinegar, salt, and ½ teaspoon of curry powder. Mix all of these ingredients together and use as a marinade. Also baste your tuna steaks while grilling.

Hans is owner and one of the editors of:

Steaks Guides, a Collection of Free Steak Recipes"



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