



# Recipes

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## TERIYAKI TUNA STEAKS

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|------------------------------------|---|
| 1/2 cup (125 mL) soy sauce         | 1 tsp (5 mL) Worcestershire sauce                 |
| 2 tbsp (25 mL) dry sherry          | 2 cloves garlic, finely chopped                   |
| 2 tbsp (25 mL) chopped green onion | 2 lb (1 kg) tuna steaks, 1 inch<br>(2.5 cm) thick |
| 2 tsp (10 mL) grated fresh ginger  |   |
| 1 tsp (5 mL) sesame oil            |   |

To prepare marinade, combine all ingredients except tuna in a heavy zip-lock plastic bag. Add tuna and squeeze bag to coat tuna with marinade; seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 1 hour or up to 2 hours. Remove tuna from marinade; discard marinade. Grill tuna on an oiled grid over medium heat on natural gas barbecue for 4 - 5 minutes per side. Tuna will be medium rare. Serves 6.

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