

Sesame-Crusted Grilled Ahi Loin with Avocado Aioli

Pair with [Stein Family Wines Los Carneros Semi-Dry Gewürztraminer](#)

As with all of my recipes, I will give you both ways I have developed—the long way, which builds the most flavor, and the quick way, which gives almost as good results in a fraction of the time. Like you, I'm a working parent, so sometimes, there's only enough time for the quick way—and that just simply has to be good enough, right?

This recipe came about because my wife loves fish, and I love the relative simplicity of cooking with quality ahi, which really should have as little done to it as possible to preserve the butter-rich flavors of the raw fish. The trick for pairing with fish is to find ways to maintain the sweetness of the flesh while not overwhelming it with too hot, too sweet, or too over-the-top a wine—of course, Gewürztraminer works quite well. Enjoy the matching with a clear conscience, too! –JS

Ingredients:

Ahi:

2" of ahi loin per each person
¼ C soy sauce
1Tbsp fish sauce
1 Tsp lemon juice
1 Tsp dried onion powder
1 Tsp cilantro, chopped fine
½ Tsp red pepper flakes
½ Tsp granulated garlic
¼ Tsp salt
black pepper to taste
½ C black and white sesame seeds per ahi loin section

Aioli:

1 avocado per two ahi loin sections
1 Tsp wasabi per avocado
1 Tsp cilantro, chopped fine, per avocado
1Tbsp mayo per avocado
½ Tsp lemon juice per avocado
Drizzle of soy sauce

Directions:

Traditional Way

- Trim the loin to even it out as much as possible so it cooks evenly on all sides.
- Toast sesame seeds in a flat pan. Allow to cool spread out evenly on a plate.
- Mix other ingredients together and then place ahi loin in to marinate for at least several hours.
- To make aioli, mix ingredients together based on ratios above. Allow to chill.
- Preheat nonstick grill pan on medium-high heat.
- Pat loin dry and place one side firmly onto sesame seeds. (Optional to do more than one side, depending on size/shape of ahi)
- Using tongs, sear sesame seed side of the loin. Repeat with other sides such that center is warm but raw—ninety seconds or so per side.
- Allow loin to rest.
- Slice into ½" pieces and fan them.
- Plate with aioli on top.

- Serve with [Stein Family Wines Los Carneros Semi-Dry Gewürztraminer](#) and enjoy!

Quick Way

- Trim the loin to even it out.
- Mix ingredients and place ahi loin in to marinate.
- To make aioli, mix ingredients together based on ratios above. Chill.
- Preheat nonstick grill pan on medium-high heat. Pat loin dry and place one side on the sesame seeds, spread out evenly.
- Using tongs, sear sesame seed side of the loin. Repeat with other sides such that center is warm but raw—ninety seconds or so per side.
- Allow loin to rest.
- Slice into ½" pieces and fan them.
- Plate with aioli on top.
- Serve with [Stein Family Wines Los Carneros Semi-Dry Gewürztraminer](#) and enjoy!