



Bake off/Cook out

Pull out those family recipes. Share yummy food stories with your family and friends—compete with eats! To get you started, here is a recipe from our state.

Kimchi Tuna

Graveyard of the Atlantic Museum

Created by Mary Ellen Riddle, Education Curator

fresh tuna steak	short grain basmatic brown rice
olive oil	unhulled sesame seeds
blackening seasoning	sea salt
Korean kimchi (this can be purchased mild or regular, which can be pretty spicy)	cracked pepper
	fresh green beans

Lightly brown sesame seeds in a dry skillet. Let cool. Mash them until fine using a mortar and pestle. Place in bowl. Add in sea salt and mix, then place in a shaker. Ratio: 5 parts sesame seeds to 1 part salt. You can use black or tan unhulled seeds.

Dip fresh fish in olive oil then cover it in blackening seasoning.

Fry it in olive oil on medium heat until blackened and cooked inside as you like it.

Follow instructions on cooking rice. Use a displacer on the burner if you have one. It helps to cook perfect rice.

Scoop a helping of rice into a bowl, place a layer of kimchee on top of rice and add cooked fish on top of kimchee. (You can heat the kimchee or eat it cold.)

Bake at 350 degrees fresh green beans drizzled with olive oil, and sprinkled with sea salt and cracked pepper until done to your preference. Place in bowl and sprinkle with gomashio. Enjoy!

