

Spicy Mustard Sauce for Seared Tuna

(Adapted from [Sports and Meat](#))

1 tablespoon ground mustard

2 tablespoons dijon mustard

soy sauce

beer (such as Miller Lite)

In a small bowl combine ground mustard and mix it with dijon mustard. This will form a paste.

Pour some of the soy sauce in there until the color starts to become brown and the mixture becomes thinner.

Do the same with the beer after you add the soy sauce. About 3-4 ounces of beer gives it a nice taste. Don't use too much as to totally thin out the texture— you still want a little thickness to the sauce.