

Albacore tuna sahim, buttermilk dressing, wasabi whipped cream, ginger marined - Version Atelier Virtuel

Recipe for 2

Description

In the spirit of "bistro" cuisine, here's a recipe worthy of the finest places.

Note

You can cook this dish with all kinds of white fish, sea bass, bream...

Ingredients

Tuna

- 200 Gr Albacore tuna loin

Dressing

- 50 Ml Buttermilk
- 15 Gr Sour cream
- 2.50 Gr Sriracha sauce
- 10 Gr Poppy seeds

Soya and Yuzu sauce

- 2 Tbsp Soy sauce
- 1 Tsp Yuzu juice
- 1 Tbsp Mirin

Wasabi foam

- 125 Ml 35% whipping cream
- 5 Gr Wasabi powder

Garnish

- 1 Tbsp Japanese pickled ginger
- 0.50 Unit(s) Green onion

Preparation

- Preparation time **45 mins**

To prepare before class

Ingredients

Make sure your tuna is in the fridge. Strain a couple of slices of marinated ginger. You can put your tuna bowl on top of a bowl filled with ice to keep it perfectly cold.

Material

1 cutting board, 1 chef knife, 1 pairing knife

1 plate

1 mixing bowl with the cream in it and the whisk, in the fridge.

1 piping bag, if not just two spoons.

2 small bowls with forks

Prep

Clean the peas sprouts and chop the ginger.

Slice the green onions in small pieces, keeping the green part in a bowl in the fridge. The white part can go in the vinaigrette.

Tuna sashimi

Keep the tuna on a container filled with ice.

Slice the tuna (3 to 4 mm) against the fibre.

Put aside in the fridge.

Wasabi wipped cream

In a cold mixing bowl, pour the cold cream with the wasabi powder, whisk the cream until very thick.

Keep it in the fridge.

Dressing

Mix together the ingredients with a whisk without the poppy seeds.

Soya and yuzu sauce

Mix the ingredients and pour in a pipette or just leave it in the bowl.

Plating and garnish

Dip the tuna slices in the dressing and place them in a plate.

Lightly sprinkle the poppy seeds, add some marinated ginger, add a couple drops of soya sauce and Yuzu directly on the tuna slices.

Decorate with your Wasabi cream in the piping bag, or with a spoon.

Finish with your green onion and serve immediately.

Bon appétit!