

Asian tuna tartare, homemade wafu sauce, cucumber, grilled Panko and Wonton - Virtual Workshop Version

Recipe for 2

Description

A tartar recipe that is simple, delicious and impressive.

Please prepare salt, pepper and olive oil.

Note

To facilitate cutting the Tuna, get it out from the freezer 30-40 minutes before cutting it. A sharp knife is a Tartare's best friend.

Ingredients

- 180 Gr Fresh tuna
- 75 Gr Mayonnaise
- 1 Tbsp Soy sauce
- 1 Tbsp Rice vinegar
- 1 Tsp Honey
- 1 Tsp Roasted sesame oil
- 1 Tsp Garlic powder
- 1 Unit(s) Libanese cucumber
- 4 Tbsp Japanese breadcrumbs (panko)
- 6 Unit(s) Wonton wrappers
- 1 Unit(s) Green onion
- 1 Zest Lime
- 1 Unit(s) Lime juice
- 1 Tbsp White and black sesame seeds

- Salt and pepper

Preparation

- Preparation time **25 mins**

To prepare before class

Ingredients

Take Tuna and Wonton out of the freezer.
Get all your ingredients out of the fridge.

Material

2 bowls

1 fork

1-2 spoons

1 oven plate

1 small pan

1 zester

1 knife

1 cutting board

Wafu Sauce

Mix the Mayonnaise, the Soya Sauce, the Rice Vinegar, the Honey, the Sesame Oil and the Garlic Powder together in a bowl until the mixture is homogenous. Taste, rectify and leave in fridge for now.

Prep for Tuna Tartar

Cut your Tuna in a Macédoine (medium sized cubes). Cut your cucumber in a Brunoise (small small cubes). Zest and press the whole lime. Cut the green onions in whistles (long, thin and at an angle). Roast your Sesame Seeds for about a minute in a hot pan.

Cooking the Wontons

Spread your Wonton chips on an oven plate, season with olive oil, salt and pepper. Send in the oven at 400F for 3-4 minutes. Keep an eye on them, we want them golden brown.

Finishing touches

In a bowl, mix in your Tuna, Wafu Sauce and your Cucumber. Then add in your grilled Panko, your Sesame Seeds, the jus and zest from your Lime. Mix gently. Taste, add Salt and Pepper if needed.

Bon appétit!