

Green peas puree with tarragon, sesame tuna, honey soy lemon reduction |

Recipe for 12 tapas



Description

In a small boxes, a mousseline of green peas with tarragon flavors, a chunk of red tuna crusted with sesame. Honey, soy and lemon reduction on the top.

Ingredients

For the peas purée

- 500 Ml Frozen green peas
- 1 Liter(s) Vegetable stock
- 3 Sprig(s) Tarragon
- Salt and pepper
- Vegetable oil

For the tuna

- 400 Gr Yellowfin tuna
- 30 Gr Sesame seeds
- 30 Gr Black sesame seeds
- 60 Gr Japanese pickled ginger
- Salt and pepper
- Vegetable oil

For the sauce

- 40 Gr Honey
- 100 Ml Soy sauce
- 50 Ml Lemon juice
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **425 F°**

For the mise en place

Prepare the vegetable stock.

Pick the tarragon.

Roll the tuna steak in the sesame on all the surface.

Chop the marinated ginger.

For the green peas

In the boiling vegetable stock, cook the peas for 5 minutes. Remove the peas with slotted spoon and put them in the blender with the tarragon leaves. Mix at high-speed until smooth. If too thick, add a little bit of stock. Fix the seasoning and place it in the fridge with a saran wrap on the top to cool it down.

For the tuna

Season the pieces of tuna. In a hot pan with vegetable oil, sear the tuna for few seconds on each side, place it on a baking tray and finish it 1-2 minutes in the oven.

For the sauce

Heat the honey in a pot, when boiling, add the soy sauce and the lime juice. Let it cook for few minutes and fix the seasoning.

For the plating

In a white deep plate, put the mousseline in the middle, the cube of tuna on the top, finish it with the sauce, and a little bit of marinated ginger.

Bon appétit!