

Maple candied tuna, fresh herb pancake, lemon confit, radish and sour cream

Recipe for 4 persons

Description

Seared and maple candied tuna served with a small pancake, lemon, radish and sour cream.

Ingredients

Tuna

- 4 Steak Yellowfin tuna
- 200 Ml Maple syrup
- 1 Liter(s) Boiling water

Fresh herb pancake

- 500 Ml Spinaches
- 500 Ml Basil
- 500 Ml Flat parsley
- 200 Ml Flour
- 6 Gr Baking powder
- 3 Unit(s) Egg
- 8 Gr Salt
- 320 Ml Milk

Lemon confit

- 1 Unit(s) Lemon
- 100 Gr Sugar
- 200 Ml Water

Sour cream

- 4 Unit(s) Radish
- 100 Gr Sour cream
- 1 Unit(s) Lemon juice

Preparation

- Preparation time **30 mins**

Preparation

Pluck the parsley and basil leaves.

Remove the stems from the spinach if they are too hard.

Sieve the flour for the pancake.

Wash the lemons. Juice and zest the lemon.

Tuna

Set a pot of water to boil. Once boiling, place the tuna in the boiling water for 30 seconds then transfer immediately to the maple syrup. Keep in the syrup for 1 hour in the fridge.

Pancakes

Blanch the fresh herbs then transfer to an ice bath. Strain once cooled. Combine all of the ingredients in a blender or food processor and combine until all of the elements are well combined.

Confit lemons

Cut the lemons in 6 and then blanch them in boiling water 3 times.

Combine all of the ingredients of this recipe in a sauce pot and simmer for 1 hour.

Sour cream

Cut the radishes into nice slices with the help of the mandolin and set aside in a bowl of ice water.

Combine the rest of the ingredients in a mixing bowl and make sure to season to taste with salt and pepper.

Plating

In a plate, place a few nice slices of the tuna and then a nice quenelle of sour cream just beside.

Gently place a shell of radishes on the sour cream and garnish the plate with some young green sprouts.

Bon appétit!