

Sweet potato tataki, spice mayonnaise, Vietnamese vinaigrette

Recipe for 4 pers



Description

An original way of working the Tataki technique for vegetarians.

Note

The shape of the sweet potato when you buy it is crucial to the finish of the dish.

Cooking the sweet potato plays an important role in this recipe. Take care to ensure that the potato retains a certain firmness, so that it can be seared with the sesame seeds.

Ingredients

Sweet potato tataki

- 2 Large Sweet potatoes
- 250 Ml Sesame seeds
- Butter
- Salt and pepper
- Vegetable oil

Spice mayonnaise

- 1 Unit(s) Egg yolk
- 1 Tsp Dijon mustard
- 0.50 Unit(s) Lemon juice
- 1 Tsp Sriracha sauce
- 100 Ml Canola oil
- Butter
- Salt and pepper
- Vegetable oil

Vietnamese vinaigrette

- 1 Tbsp Rice vinegar
- 3 Tbsp Canola oil
- 1 Tbsp Fresh cilantro
- 1 Tbsp Lemongrass
- 1 Tsp Soy sauce

- 0.50 Tsp Fish sauce
- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **90 mins**
- Resting time **30 mins**

Setting up

Peel the sweet potatoes and cut into rectangles or cubes lengthways.

Finely chop the lemongrass and coriander leaves, keeping a few leaves for finishing.

Chop the green onion whistles.

Sweet potato tataki

Plunge the two large pieces of sweet potato into boiling, salted water.

As they cook, prick the flesh with the tip of a knife to make sure it's cooked through. Be careful to keep the flesh intact.

Drain the sweet potato pieces, run them under cold water to stop cooking, and blot lightly on paper towels.

Roll the sides of the sweet potatoes in the sesame seeds, making sure they're well covered.

In a hot pan, with vegetable oil, brown all sesame-seed-covered sides.

Leave to cool on the counter. Ideally, cut into nice slices (5/pers.).

Spice mayonnaise

Clarify the egg, mix the yolk with the mustard and leave for 5 minutes. Stirring constantly gradually add the oil. At the end, add lemon juice, sriracha sauce sriracha sauce and season as required with salt and freshly ground pepper.

Vietnamese vinaigrette

In a bowl, whisk all ingredients together, adjusting seasoning if necessary.

Bon appétit!