

Tuna tartare, Wafu sauce, black sesame and Japanese rice |

Recipe for 12 tapas

Description

A simple, delicious and impressive tartare recipe. Served as a poké bowl.

Note

To make cutting easier, place the tuna in the freezer a few minutes before cutting. A sharp knife is a tartar's best friend.

Ingredients

Tuna tartare

- 360 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)
- 1 Unit(s) Green onion
- 1 Zest Lime
- 1 Tbsp Black sesame seeds

Preparation

- Preparation time **60 mins**

Set up

Cut your tuna into macedoine.

Dice your cucumber.

Zest and squeeze your lime.

Cut the green onions into whistles.

Toast your sesame seeds for a few seconds in a small frying pan, and do the same for the Panko.

Wafu Sauce

Mix mayonnaise, soy sauce, rice vinegar, honey, sesame oil and garlic powder together in a mixing bowl until smooth. Taste, enjoy and set aside in the fridge.

Tuna Tartare

Mix your tuna, Wafu sauce and cucumber in a large mixing bowl.

Then add your sesame seeds, lime juice and zest. Mix gently and thoroughly. Taste and add salt and pepper as required.

Rice

Wash the rice 3 times in succession, covering it to the brim with cold water and stirring gently for 10 seconds. Then drain the rice.

Cooking methods:

1- To cook in a saucepan, bring the water to the boil before adding the rice. Lower the heat, cover and leave to cook for 20 minutes. Then turn off the heat and leave to rest for 5 minutes, covered.

2- To cook in a rice cooker, pour in the water and rice, and leave to cook (approx. 40 minutes).

Whisk together the rice vinegar, sugar and salt.

When the rice is cooked, add the vinegar mixture and mix very gently.

Leave the rice to rest for 15 minutes before using.

On the plate

Place the seasoned rice at the bottom of your bowls, then arrange the tuna tartar on top.

Finish your dishes with the green onion whistles and grilled Panko.

Bon appétit!