

Tuna tataki glazed with soy maple caramel, yuzu avocado, marinated ginger, puffed quinoa |

Recipe for 4 portions

Description

Simple yet delicious Asian tataki recipe!

Note

Tataki; Imperative that you get 2 things done to perfection for this recipe to be amazing; Piping hot pan before searing and resting time before slicing.

Ingredients

Tuna tataki

- 200 Gr Yellowfin tuna
- 3 Tbsp Soy sauce
- 4 Tbsp Maple syrup
- Salt and pepper
- Vegetable oil

Avocado salad

- 2 Unit(s) Avocado
- 10 Ml Yuzu juice
- 2 Sprig(s) Fresh cilantro
- 1 Unit(s) Green onion
- 75 Gr Mayonnaise
- 4 Tbsp Puffed quinoa
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**

Mise-en-place

Cut the avocados in 2, whilst going around the core with a knife, take it out. Then with a spoon, take everything out.

Finely chop down the spring onions and gather all of the cilantro's leaves.

Tuna tataki

Bring to a boil, the maple syrup and the soy sauce then let it simmer for 3mins until the texture is caramel like. Once the caramel has cooled down, brush it all over the tuna, on all its surfaces. Then, on a very hot pan, cast iron if you have, make sure to give it a very good coloration on all its sides while making sure it is still raw or very rare on the inside. Base it with the remaining caramel in the pan then let it rest a good 30mins in the fridge.

Avocado salad

In small cubes, cut the avocado and put it in a bowl. Add the yuzu juice, the mayonnaise and the spring onions. With a fork, gently break the avocado chunks to bring all the flavors altogether.

Montage

Once the tataki has fully cooled down, cut it into very thin slices then place them onto one another on a fine and direct lane. Marinated ginger on top of each slice and the quinoa on top of the salad. The remaining soy caramel everywhere and the same goes for the cilantro's leaves.

Bon appétit!