

Tuna tataki, miso eggplant caviar, mango reduction with mirin and soy sauce |

Recipe for 4 servings

Description

A sweet and salty in an Asian spirit, fish and acidity.

Note

You can replace the tuna by some salmon, trout or beef.

Ingredients

Tataki

- 200 Gr Yellowfin tuna
- 30 Gr Sesame seeds
- 2 Tbsp Honey
- 6 Stem Fresh cilantro

Eggplant

- 250 Gr Eggplant
- 150 Gr Onion
- 2 Clove(s) Garlic
- 1 Tbsp Miso
- 2 Tbsp Rice vinegar

Reduction

- 50 Ml Mango juice
- 30 Ml Mirin
- 100 Ml Soy sauce

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **380 F°**

Prep

Dice the onion, chop the garlic, remove the cilantro leaves

Tataki

Brush the tuna with honey and cover with sesame seeds

Brown at high heat in vegetable oil for about 1 min on each side.

Put aside right away in the fridge to stop the cooking process.

Eggplant

Slice the eggplant in halves and put on a baking tray.

Season with a lot of olive oil, and salt and pepper.

Bake in the oven for 30 minutes. Remove from oven and scoop out the flesh.

In a hot pot with a knob of butter and a dash of oil, cook the onions.

Add the garlic and the eggplant. Add the miso and the rice vinegar. Cook for 2 more minutes then remove from heat.

Blend in a mixer until smooth.

Reduction

Bring all the liquids to a boil and let the sauce thicken.

Plating

In a ramekin, serve 2 spoons of eggplant caviar.

Slice the tataki. and add a few slices on top of the eggplant. Add a bit of sauce and garnish with cilantro leaves.

Bon appétit!