

TUNA TARTARE



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- Sub Category Name
Food
Main Courses

- Recipe Source Name
Real High Tea 2014/15 Volume 2



Used Teas



Yata Watte

Ingredients

TUNA TARTARE

Ciabatta

- 900g bread flour
- 100g whole rye flour
- 15g salt
- 30g fresh yeast
- 850ml water

Dashi Jelly

- 250ml water
- 30g Kombu
- 10g katsuboshi
- 20ml light soy sauce
- 9g gelatin

Horseradish / Soy "Yolk"

- 250ml water
- 70ml light soy sauce
- 50ml olive oil
- 5g horseradish paste
- 1g Xanthan gum
- 3.3g calcium lactate

Assembly

- 100g best quality sashimi grade tuna
- Fresh lemon zest
- Red Sorrel/Bull's Blood micro herbs
- Chilli strands

Methods and Directions

TUNA TARTARE

Ciabatta

- Preheat oven to 250°C or highest temperature possible.
- Combine ingredients in a mixing bowl with a paddle attachment.
- Once the mixture comes together beat on high speed for about 7-10 minutes until the dough has developed.
- Place in an oiled bowl and leave to bulk ferment for 2-3 hours.

- Turn the dough out onto a well floured bench and cut in desired shape.
- Carefully transfer to a baking tray and bake for 16-20 minutes or until a hollow sound is made when you knock the base of the loaf.
- Once cool, slice thinly and cut circles out with a ring cutter.
- Place slices on a baguette tray to achieve a bend.

Dashi Jelly

- Bring all ingredients except for gelatin to a simmer.
- Leave to steep and strain.
- Dissolve soaked gelatin then set at 1cm thickness. Cut into 1cm cubes.

Horseradish / Soy “Yolk”

- Emulsify all ingredients with a stick blender then dispense into 1cm diameter half-spherical moulds.
- Freeze and immerse in a sodium alginate bath (500 water, 2.5g calcium lactate) for 2 minutes.

Assembly

- Dice tuna and season with fresh lemon zest.
- Toss with Dashi jelly cubes and press into small 3cm diameter foil moulds lined with cling-film. Press and leave in fridge to set.
- Turn out onto toasted curl and place yolk on top.
- Garnish with Bull’s Blood or Red Sorrel micro herbs and chilli strands.

Note:

- This dish also pairs well with Dilmah Yata Watte Single Region Tea and Dilmah Earl Grey Tea.