

OMANI SPICES MARINATED YELLOW FIN TUNA



0 made it | 0 reviews



Sunil Kumar Puzhakkaldam Kulapura



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If your idea of perfect bliss is a mélange of fine restaurants that allows you to savour the exquisite flavours of Arabian food then some of the restaurants in this gorgeous oasis of luxury situated in the Sultanate of Oman is what you are looking for. Represented by Alpesh Dias & Sunil Kumar Puzhakkaldam Kulapura.

- Sub Category Name
Combo
Main Courses

- Recipe Source Name
Real High Tea 2014/15 Volume 1

Ingredients

OMANI SPICES MARINATED YELLOW FIN TUNA

Omani Spices

- 20g coriander
- 20g cumin
- 10g ground cinnamon
- 10g black pepper
- 10g chilli (dried)

Caramelised Onion

- 50g onion
- 15g sugar

- 10ml sherry vinegar
- 5g butter

Onion Compote

- 50g onion
- 5 mint leaves
- 15ml red wine vinegar

Yoghurt, Tahina & Mint Sauce

- 15ml Tahina
- 50ml yoghurt
- 10-15 mint leaves

Onion & Red Wine Vinegar Sauce

- 100g onion
- 15 mint leaves
- 20ml red wine vinegar

Garlic Chips

- Garlic, thinly sliced
- Milk

Bread Loaf

- 250g flour
- 12.5g sugar
- 7.5g yeast
- 2.5g bread improver
- 138g water
- 12.5g butter
- 5g salt

Methods and Directions

OMANI SPICES MARINATED YELLOW FIN TUNA Omani Spices

- Dry roast all the ingredients in a pan and grind in a food processor to a crumbly powder.

Caramelised Onion

- Sweat the onions in butter until golden brown.
- Add sugar and cook until the sugar starts to caramelise.
- Add sherry vinegar and cook until the vinegar evaporates.

Onion Compote

- Sweat the chopped onion in olive oil.
- Add red wine vinegar and cook the onion until soft.
- Finish with chopped mint leaves.

Yoghurt, Tahina & Mint Sauce

- On a slow fire whisk all these ingredients to form a smooth and runny sauce.

Onion & Red Wine Vinegar Sauce

- Sweat the chopped onion in olive oil.
- Add red wine vinegar and cook the onion until soft.
- Finish with chopped mint leaves.
- Blend to a fine sauce and strain.

Garlic Chips

- Boil the thinly sliced garlic in milk three times to reduce the strong taste of garlic.
- Fry the chips at 160°C and drain the excess oil on a tissue.

Bread Loaf

- Mix all the ingredients to form a soft dough.
- Shape into a loaf and prove for 1 hour.
- Cook at 210°C for 10 minutes with steam and 20 minutes at 190°C without steam.