

TUNA FISH CAKES



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Alpesh Dias

Tuna, potato and bacon cakes seasoned with Omani herbs and spices served with an orange and grapefruit citrus salad and blood orange reduction.

- Sub Category Name

Food

Savory

- Recipe Source Name

Dilmah Real High Tea Global Challenge 2015



Used Teas



Silver Jubilee
Elderflower & Apple
Infusion

Ingredients

TUNA FISH CAKES

- 250g Fresh Tuna
- 300g Potatoes
- 50g Onion
- 5g Thyme
- 2 Egg Yolks
- 5g Parsley
- 15g Bacon
- Salt to Taste
- 2.5g Chilli
- 5g Paprika
- 5g Garlic Powder
- 10g Black Pepper
- 5g Dried Oregano
- 10g Cilantro
- Cooking Oil

For Accompaniments

- 4 Shallots
- 400ml Wine Vinegar
- 2 Oranges
- 1 Grapefruit
- 250ml Blood Orange Juice
- 15g Sugar
- 40g Garlic
- 50ml Sambuca
- 50g Mayonnaise
- 300ml Milk
- Olive Oil

Methods and Directions

TUNA FISH CAKES

- Peel and boil potatoes in a lightly salted water until soft. Drain, mash and put it aside.
- Cook and finely shred the fish with a knife. Mix the shredded fish with the mashed potatoes.
- Heat a frying pan on a medium heat with two tablespoons of cooking oil. Sauté the onion, parsley, thyme, black pepper, paprika, salt, chilli, garlic powder and bacon until a soft golden brown. Set aside.
- Add the sautéed spices into the fish and mashed potatoes. Add the egg yolks and mix together.
- Form patties with hands around 1/2 inch to 3/4 inches in thickness and about 3 inches in diameter.
- Heat a frying pan on medium heat with cooking oil. Pan-fry the patties until golden brown on

both sides.

Method For accompaniments

- Reduce the blood orange juice with sugar.
- Take segments of orange and grapefruit, and marinate with cilantro. Seal the shallots with vinegar, oil, Sambuca and water and in a vacuum pack, steam for 40 minutes at 90°C.
- Boil 10 cloves of garlic with milk and strain, repeat the process three times
- Blend the garlic with mayonnaise.
- Serve the tuna cakes with the orange and grapefruit citrus salad, garlic aioli and blood orange reduction.