

## PINK TUNA MEDLEY



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Seared Pink Tuna with cucumber gazpacho, yoghurt, avocado and cucumber marinade and parmesan crisps sprinkled with seaweed salt.

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Dilmah Real High Tea Global Challenge 2015

### Ingredients

#### PINK TUNA MEDLEY

- 2 Medium Cucumbers
- 1 Yellow Paprika
- 3 Yellow Tomatoes
- 1 Banana Shallot
- 1 Clove of Garlic
- 4 Slices of White Bread, toasted using extra virgin olive oil
- Sherry Vinegar
- Salt and Pepper to taste

#### Cucumber And Avocado Marinade

- 1 Cucumber
- Olive Oil
- Salt to taste
- A few Garlic Cloves



- 1 Crushed Avocado
- Pepper to taste
- Dash of Lemon Juice

### **Parmesan Crisp**

- 100g Tapioca Flour
- 70ml Water
- 60g Parmesan (grated)
- 4g Salt

### **Tuna**

- Fresh line caught, best quality Tuna

## **Methods and Directions**

### **PINK TUNA MEDLEY**

#### **Cucumber Gazpacho**

- Chop all ingredients to small mirepoix, apart from the white bread. Marinate for 24 hours. Place in robot coupe, add the bread. Sieve, and keep it cold

#### **Cucumber And Avocado Marinade**

- Slice the cucumber to 0.5 mm thick slices, marinate with olive oil, salt and garlic. Chop to brunoise, mix it with one crushed avocado. Season with salt, pepper and lemon juice.

### **Parmesan Crisp**

- Bring all ingredients together, roll out between silicon sheets.
- Steam it for 25 min on 100°C.
- Remove the top silicon sheet and continue to dry the crisp at 56°C, for around 34 hours. Let it cool. The crisp shouldn't be too dry or too soft. Fry in deep fat fryer at 180°C.

### **Tuna**

- Slice the tuna to 2.5 cm thick sliced, sear on one side. Brush the tuna with olive oil, season with seaweed salt.

