

TATAKI OF TUNA, SWEET-AND-SOUR CUCUMBER AND WAKAME



USED BRESC PRODUCTS



Bresc Ginger & lime WOK
450g



Bresc Lemongrass puree
450g



Bresc Madras 450g



Ginger puree 450g

INGREDIENTS

4

For the sweet-and-sour cucumber

- 3 cucumbers
- 5 dl table vinegar
- 1 dl water
- 150 g sugar
- 100 g Bresc Ginger puree
- 100 g Bresc WOKginger
- salt and pepper to taste

Other ingredients

- 300 g tuna
- 1 carton wakame
- 1 dl ponzu dressing
- 4 shiso leaves
- 1 small tub sushi ginger (pickled ginger)
- tempura flour
- 8 g wasabi powder
- 80 g mayonnaise
- 40 g soy sauce
- 50 g sesame seeds, black and white
- 5 g Bresc Ginger puree
- 5 g Bresc Lemongrass puree
- 10 g Bresc Madras
- oil for frying
- salt and pepper

PREPARATION METHOD

For the sweet-and-sour cucumber, clean the cucumber and cut ribbons from it using the vegetable peeler. Bring the water, vinegar and sugar to the boil. Add the ginger. Season and cool. Pour the mixture onto the vegetables and store it in closed tub and chill so it can marinate.

Make a dressing with the soy sauce, half the Madras, ginger, sesame seeds and lemongrass puree. Marinate the tuna in it. Mix the wasabi powder with a little water and stir it into the mayonnaise. Heat a pan and add a little oil.

Sear the tuna on all sides. Remove the tuna from the pan and allow to cool. Slice and season with salt and pepper. Serve the tuna on the wakame, the sweet-and-sour cucumber and the sesame seeds. Preheat the deep-fryer. Mix plenty of iced water with a little Madras into the tempura flour to make a paste. Dip the shiso leaves into it and deep-fry until they are golden-brown. Remove them from the fat and dab them with kitchen paper. Season with salt. Serve them "on the side" with some ponzu dressing.

