

CLOVER LEAF : Crumbled Light Tuna, diced peppers, avocado puree, yuzu, apple juice aspic

Recipe for 4 persons



Description

Presented in a Verrine, layered Clover Leaf Light Tuna and avocado puree salad, coated with an apple juice jelly.

Note

it's always better to make your recipe a day ahead , since your recipe contains gelatin.Yuzu juice can easily be replaced by Lemon juice, it remains in the same citrus family.Yuzu is a Japanese citrus.

Ingredients

Crumbled tuna salad and avocado puree

- 0.25 Unit(s) Yellow pepper
- 0.25 Unit(s) Red pepper
- 0.25 Unit(s) Green pepper
- 1 Can(s) Flaked light tuna
- 1 Unit(s) Avocado
- 15 Ml Yuzu juice
- 250 Ml Apple juice
- 2 Leaf(ves) Gelatin
- Salt and pepper

Preparation

- Preparation time **40 mins**

Set up

Clean and cut the peppers into small dices.Open the can and flake the tuna.Peel the avocado then crush it, add the Yuzu juice, salt and pepper.Keep the avocado puree in the fridge.Heat up half of your apple juice, beyond 60 C then add the gelatin sheets (Previously softened in cold water and drained).Mix well and add the remaining apple juice.

Verrine assembling

In a bowl, combine the flaked tuna with the diced peppers add salt and ground pepper. Place the avocado puree at the bottom of the Verrine, gently add your pale Clover Leaf tuna salad on top. Put the Verrines in the freezer 10-15 minutes, when cold again, pour the apple jelly on top, stop 1/2 inch above the tuna salad. Put your Verrines in the fridge again two hours or 15 minutes in the freezer. Serve as soon as the Jelly turn solid.

Bon appétit!