

Half-cooked tuna, beet broth and lemongrass, raw and cooked vegetables |

Recipe for 4 portions

Description

Freshness and flavors are there, simple recipe for an extraordinary result.

Ingredients

Miso marinade

- 0.50 Tbsp White miso paste
- 0.25 Tsp Wasabi paste
- 5 Tbsp Mirin
- 1 Tbsp Soy sauce

Tuna

- 200 Gr Yellowfin tuna

Beet and lemongrass broth

- 2 Unit(s) Green onion
- 100 Gr Onion
- 2 Clove(s) Garlic
- 100 Gr Carrot
- 1 Stick(s) Lemongrass
- 100 Gr Cooked beet
- 1 Liter(s) Water
- 2 Pinch(es) Salt

Raw vegetables

- 100 Gr Yellow beet
- 100 Gr Zucchini
- 12 Unit(s) Snow peas

Last touch

- 1 Sprig(s) Dill
- 2 Tbsp Tobiko eggs

Preparation

- Preparation time **30 mins**

Miso marinade

Combine the miso and wasabi pastes with the soy sauce and the mirin.

Tuna

Cut the tuna in 4cm cubes, put them in the marinade for at least 30 minutes (ideally over night). Sear them in a hot pan and when about to serve, half them.

Broth

Half the garlic bulb, do the same with the onion without peeling them. Slice the green of the green

onions (save it though) and slice in two. On a baking tray covered with aluminum, place all these vegetables and brown them in the oven.

Use the base of the lemongrass and slice them finely.

Peel the carrots.

Cooking process

Put a pan full of water on the heat, add the burnt onion and garlic, the lemongrass, the peel carrots and the green of the green onions.

Cook for 30 minutes, sieve the broth, season to taste. Add the already cooked beet and leave to infuse for another 30 minutes off the heat.

Once cooked, cut the carrots in strips.

Once infused, dice the beet in 1 cm cubes.

Raw vegetables

Wash the snow peas and slice them in fine julienne (strips).

Finely slice the zucchinis, if still too big you half the slices.

Cut the yellow beets in small quarters.

Plating and last touch

Tear off the small branches of dill.

In a bowl, lay three nice pieces of tuna, lay here and there some carrots strips, some beets dice and some burnt bits of onions. Lay here and there some raw vegetables.

Pour in some broth in the bowl, finish with some tobiko eggs and dill branches.

Bon appétit!