

Tuna tartare with marinated ginger and avocado mousse |

Recipe for 4 portions



Description

Knife-cut red tuna tartare seasoned with Japanese pickled ginger, green apple and chives all accompanied by an avocado mousse and some croutons.

Note

Balanced seasoning is the key to a successful tartare. Feel free to try it out a few times to readjust the seasoning to perfection.

Ingredients

For the tuna tartare

- 480 Gr Yellowfin tuna
- 1 Unit(s) Granny smith apple
- 15 Sprig(s) Chives
- 1 Unit(s) Shallot
- 1 Unit(s) Lime
- 30 Gr Japanese pickled ginger

- Salt and pepper
- Olive oil

For the croutons

- 0.50 Unit(s) Baguette
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

For the avocado mousse

- 2 Unit(s) Avocado
- 1 Clove(s) Garlic
- 4 Drop(s) Chili paste (sriracha)

- Salt and pepper
- Olive oil

Meslun Salad

- 4 Handful(s) Mixed greens
- 4 Dash Balsamique caramel

- Salt and pepper
- Olive oil

General preparation

Cut the tuna into very small dice, taking care to remove all the white membranes. Cut . Lime zest and get his juices. Cut the apple into small dice and mix immediately with a dash of lime juice. Chop the pickled ginger. Chop the chives and shallots. Scoop out the avocado flesh.

Avocado mousse preparation

In the bowl of a blender, put the avocado, remaining lime juice, the garlic and chili paste. Mix until smooth. Adjust the seasoning and set aside.

Coutons preparation

Slice the baguette at an angle to get your croutons. Place them on a baking sheet and drizzle with olive oil. Season with salt and pepper. Bake for about 10 minutes until crisp.

Tartare preparation

In a bowl, mix the tuna with the apples, lime zest, ginger, shallots and chives. Add a drizzle of olive oil, salt and pepper and set aside.

To serve

Use a ring mold to serve your avocado mousse with the tartare on top. Remove the ring mold and serve with a few croutons.

Bon appétit!