

By: Miguel Ángel Mateos



Marinated Red Tuna Tacos, with Teriyaki Sauce and **Black Garlic**.



DIFFICULTY
LOW



COOKING STYLE
FUSION



AMOUNT
4



TYPE OF DISH
MAIN COURSE



PREPARATION TIME
30 MINUTES



TYPE OF GARLIC
BLACK GARLIC

INGREDIENTS:

- 2 Black garlic cloves
- 2 slices of peeled ginger
- 90g of tuna per person
- 2 tablespoons of teriyaki sauce
- black sesame
- 4 fresh leeks
- 2 spoonfuls of thick soy sauce
- 1 spoonful of rice vinegar
- salt
- 1 teaspoon of sesame oil
- 1 tablespoon of wasabi mayonnaise
- extra-virgin olive oil

STEP BY STEP:



1. Peel the black garlic cloves and chop them up as finely as possible or, if you like, you can mash them up to make a black garlic paste.
2. Next, using a well-sharpened knife, measure out 90 grams of tuna per person, into three tacos, and set them aside.
3. Place the black garlic in a bowl and add the finely chopped ginger slices, the teriyaki sauce, the soy sauce, the rice vinegar, the wasabi mayonnaise and the sesame oil.
4. Stir everything thoroughly, until you have produced a homogenous sauce.
5. Put the tuna tacos in the sauce for 5 minutes, then flip them and leave them in for another 5 minutes (this will allow you to marinate the tuna sufficiently).
6. Meanwhile, cut the fresh leeks into thin diagonal slices and sauté them lightly in a frying pan with a splash of extra-virgin olive oil. They should end up with a bright colour, and an al dente texture.

FINISHING THE DISH

7. Place a line of sesame seeds on a flat white dish (as can be seen in the serving-suggestion photo), and place 3 pieces of tuna perpendicular to the line of sesame seeds, one after the other, without touching.
8. Add the sauce from the marinade to each tuna fillet, and place a bit of sautéed fresh leek on each piece. Make sure that each fillet has plenty of black garlic and marinade on it, as the taste is truly delicious.

CHEF'S TIPS Miguel Ángel Mateos:

- We're using the marinade to cover the tuna, like a kind of sauce. Before applying the sauce, it's very important to stir it well so that it thickens and doesn't break up.
- Whenever you're working with soy, you have to be very careful, as it is very strong and it will make your food a lot saltier.
- The tuna tacos can be seared for a few seconds on each side in a hot frying pan. In this case, as the pieces are so small and tasty, only the marinade will let you get the most out of the tuna's taste and texture.