

By: Miguel Ángel Mateos



CookinBig

Tuna Tataki with Wakame seaweed, Cucumber and Spring Violet Garlic.



DIFFICULTY
EASY



COOKING STYLE
FUSION



AMOUNT
4 SERVINGS



TYPE OF DISH
MAIN COURSE



PREPARATION TIME
30 MINUTES



TYPE OF GARLIC
SPRING VIOLET

Ingredients

- 2 cloves of 'Big Garlic' spring violet garlic
- 5g of sesame seeds
- 1 cucumber
- 400g of clean tuna loin
- Thick soy sauce
- Wakame seaweed salad with sesame
- Sunflower oil

STEP BY STEP



1. Peel the garlic cloves and slice them as finely as possible.
2. Chop the tuna loin, leaving rectangular pieces. Keep the unused pieces.
3. Heat a little oil over a moderate heat in a frying pan and add the sliced garlic, until they dehydrate and start to take on colour. Take them out and put them aside.
4. In the same oil, place the tuna pieces and sear them lightly on all four faces (the same length of time for each face), so that upon cutting you can see a square of the same colour on the outside and red on the inside.
5. Wait for it to cool down and cut it into mitre cuts. Put them aside.
6. Wash the cucumber well and cut half of it into very thin slices with skin remaining, and the other half into skinless slices.

FINISHING THE DISH:

7. Using a flat plate of your choice, lay down 4 separate pieces of tuna, 3 spots of thick soy sauce, 3 slices of cucumber with skin, 4 spots of seaweed salad and 4 pieces of skinless cucumber with a drop of sesame oil and toasted sesame seeds. Finish by placing the dry golden garlic slices on the plate and the tuna.

CHEF'S TIPS Miguel Ángel Mateos:

- This is a recipe which, when consumed lightly seared with the inside of the fish raw, needs to be made with the highest quality, freshest products possible. The ingredients should be bought the same day you intend to eat them.
- The tuna should be clean, and should be the most tender piece of loin possible. Avoid those parts that may contain sinew or white flesh, as these would be harder in the mouth and less pleasant.
- The cucumber, as long as it's nice and cold, will bring plenty of freshness to the dish.
- You can marinate the tuna in soy sauce, sutyu, kimchi... It can be marinated to each individual's taste, or, as in this case, not marinated in anything.
- The finishing touch is provided by our 'Big Garlic' garlic, which will give it our own very unique touch, creating flavours and going perfectly with the seaweed salad.
- With the unused bits of tuna (from step 2), you could make cubes and season them to suit your taste, and maybe accompany them with cucumber, avocado or apple, or of course with a large tuna tartar.