



Red Tuna Tataki with Black Garlic and Teriyaki Sauce.



DIFFICULTY
MEDIUM



TYPE OF CUISINE
FUSION



Nº OF DINERS
4



TYPE OF DISH
MAIN



PREPARATION TIME
30 MINUTES



GARLIC VARIETY
BLACK

Ingredients

- 16 cloves of Black Garlic
- 600 gr of Red Tuna
- 10 gr of puffed Quinoa
- 10 gr of Wakame Seaweed
- 8 Shiso leaves
- Toasted Sesame Seeds
- 50 ml of Teriyaki Sauce
- Sesame Oil
- Rice Vinegar
- Extra Virgin Olive Oil

Step by Step



1. Peel the Black Garlic cloves.
2. Cut the Tuna loin in 4 parts of similar size and seal each side in a pan on medium heat with a few drops of Olive Oil.
3. Place the Wakame Salad in a bowl. Mix it with a few drops of Sesame Oil, a dribble of Rice Vinegar and a few Sesame Seeds.

DISH PRESENTATION:

4. Place the block of Tuna in the center of a plate (preferably white), cover it with Teriyaki Sauce and sprinkle it with puffed Quinoa.
5. Place some seasoned Wakame salad on one side of the Tuna, and some Shiso leaves on the other side. To finish the dish, decorate with 4 cloves of Black Garlic.



TIPS FROM THE CHEF Miguel Ángel Mateos:

- We must use the freshest possible Tuna, since it's a fish that accumulates histamines from day to day, which may cause us an allergic reaction.
- It's important that we only seal the fish on medium heat to get a really delicious flavour and texture.