

Tuna Tartare, Watermelon, Avocado and Ponzu

This dish was chosen as it is a little different for those of you that like to try and cook different things it is all in the balance again like the other starters it is light and fresh and would really get the taste buds going at the start of the evening with you and your guests this one is really worth a try you won't be disappointed. *Adam*

Makes 4

Tuna

You will need:

400g of Diced Yellow Fin Tuna
10no Coriander Leaves chopped
1g Finely grated ginger
 Squeeze of lime juice
 Pinch of Salt
1 no Punnet of Shiso Leaves

*Shiso comes in **green or purple leaves** with a slightly prickly texture and pointy, jagged edges, and it has a unique and vibrant taste that I could describe as herbaceous and citrusy. Like most leafy herbs, I find it is best used raw, the leaves whole or chiffonaded.*

Place the tuna into a suitable size bowl

Add the remaining ingredients and mix to taste and adjust seasoning as required

Ponzu

Ponzu is a citrus-based sauce commonly used in Japanese cuisine. It is tart, with a thin, watery consistency and a dark brown color

You will need:

50g Orange Juice
15g Lime Juice
25g Soy
12g Rice Wine Vinegar
16g Sugar

Bonito (Dashi) Stock

105g Bonito Flakes – Available from Waitrose

200g Water

Cooking Instructions:

Mix the Orange Juice, Lime juice, Soy Sauce and Rice Wine Vinegar together. Add sugar and whisk until dissolved

For the bonito stock, bring 100g of water to the boil and drop in the bonito flakes then remove from the heat

Cover and leave to sit for 15 minutes then strain

Take 120g of the Ponzu base and add 150g of the Bonito stock to it

Then add 2g of Bonito flakes and allow to infuse for five minutes pass and reserve in the fridge

Watermelon

150g Watermelon seedless if you can cut into slices about ½ cm thick

10g Olive Oil

Break the Watermelon into large pieces

Toss through the Olive Oil

Place on a lined tray then Bake in the oven at 85°C for 2 ½ hours until collapsed and dry in appearance

Chorizo Oil

110g Chorizo (unspiced)

75g Grapeseed Oil

Remove skin and dice Chorizo into 1cm cubes

In a frying pan put 10g of the grapeseed oil and fry the chorizo until all the natural oils are released

Warm the remaining 65g of grapeseed oil to 70°C and pour over the chorizo Return to a suitable container and leave over night

Avocado Puree

2no Small Hass Avocado

Squeeze Of Lemon Juice

Drop Of milk to loosen the mix

Pinch of Salt

Peel and remove the stone from the avocado

Dice the avocado put it into a bowl add the lemon juice and mix

Place the avocado into a blender with the milk and blitz until smooth

Taste and add salt and lemon juice if required

Place into a piping bag

To Dress

Divide the tuna equally between the 4 bowls and pack into a suitable size ring

Place dots of avocado puree on top of the tuna followed by the watermelon

Pour the ponzo around the tuna and drizzle a little chorizo oil around

And garnish with the shiso leaves

Where to buy:-

Tuna can be bought from any good fish mongers or supermarket some of the other products can be purchased online if that is easier

Cheats Tips – saving time :-

If you did not want to make the avocado puree you could always just slice it

Prepared especially for KidsOut by Adam Simmonds

<https://www.greatbritishchefs.com/chefs/adam-simmonds>

Wine Pairing



Spy Valley Pinot Noir 2016 – around £11.20

