TUNA MARINATED IN SWEET AND SOUR SOY SAUCE, SAUTÉED WITH BLUE POPPY AND SESAME SEEDS AND SERVED WITH GUACAMOLE SAUCE



Menù Ingredients

20 g Mini Yellow pomodori gialli "Pizzutello" semisecchi pelati in olio - semi-dried peeled "Pizzutello" tomatoes in oil - XB1X
20 g Olio extravergine di oliva - Extra Virgin Olive Oil - EKC
20 g Semi di sesamo – Sesame Seeds - R00
20 g Mini Red Pomodori "Pizzutello" pelati semisecchi in olio - Semi dried peeled "Pizzutello" tomatoes in oil - XN1X
40 g Salsa guacamole - Guacamole Sauce - XQ0X

Ingredients

120 g Fresh tuna fillet
40 g Soy sauce
10 g Honey
5 g Rice vinegar
to taste Salt
to taste Xanthan gum
to taste Parsley

Chef: Giovanni Pace

Method

Pour the honey and rice vinegar into the soy sauce. Slice the tuna into a cube measuring 6 cm on each side and 3 cm in height and marinate in the mixture for a few minutes. In the meantime, prepare the tomato coulis. Blend and sieve the Mini Yellow tomatoes, if necessary thickening with xanthan gum (0.3 g per 100 g of product). Repeat with the Mini Red tomatoes. Roll the marinated tuna fillet in the poppy and sesame seeds, then slowly brown in a pan, making sure the centre remains pink. Cut the tuna into two and place it in the centre of the dish. Garnish with drops of the tomato coulis obtained from Mini Red and Mini Yellow tomatoes, with drops of guacamole sauce and with some parsley oil*.

*In a saucepan, boil some salted water and soak the parsley; let it boil for a minute and immediately soak it in water and ice. Lightly squeeze the parsley and place it in a blender with an ice cube and two tablespoons of iced water, then blend finely. Using a hand blender, gradually add the extra virgin olive oil as if to make mayonnaise, taking care to incorporate air into the mixture. Sift with a strainer, using a cheesecloth or a napkin to retain all the fibre.

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