

Tuna tataki in sesame crust with coriander sauce

Contrary to what many think, the word "tataki" in Japanese means "shredded" and refers to the ginger reduced almost to paste that is used as part of the seasoning. Legend says that this recipe was invented by a samurai in 1800, after seeing a group of Europeans roasting fish. The perfect match between Japanese and European cuisine.



30'



4 people

Ingredients

14,10 oz Tunna fillet
A.r. Soy sauce
0,83 cup Evo oil
A.r. Sesame seeds
0,7 oz Sugar
1,05 oz Fresh ginger
A.r. Mustard
0,416 cup White wine vinegar

1,76 oz Fresh coriander

Procedure

Start by chopping the ginger and add it to the soy sauce, along with 5 grams of sugar and a drizzle of vinegar. Mix well and let the tuna marinate for about 15 minutes. Lightly toast the sesame seeds, then season them with a dash of soy sauce and place them on a plate. Remove the tuna from the marinade, brush a very thin layer of mustard and pass it on the toasted seeds. Make the seeds adhere well and put it into cooking, turning it often. For the coriander sauce, add oil, vinegar, 0,52 oz of sugar and fresh coriander in a jug. Then make the sauce uniform with a mixer.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	428°F	6'	/	0%	V5	ON

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Chef's tips

Do not overcook the tuna, otherwise it will be stringy. Instead of wine vinegar you can use more delicate apple vinegar, thus avoiding adding sugar.