

TUNA SASHIMI

carpaccio-style

With grilled cherry tomato, avocado, red onion salad, and lime and black pepper dressing.

With chef MICHELLE ACE

Sashimi is a Japanese term for sliced fish (especially tuna) and shellfish, served raw as a delicacy. Carpaccio is an Italian dish of very thinly sliced raw meat or fish, garnished with a sauce.

The most important thing for sashimi is that the fish has to be fresh! If not, it can significantly alter the taste of the tuna eaten raw, and may not give you the bright red colour you find in tuna sashimi.

Tuna is versatile and nutritious; high in omega oils, very lean, low in saturated fat and sodium; high in magnesium, potassium, selenium and vitamin B6; little or no sugar.

Clean-flavoured sashimi really brings out the tuna taste. Its simplicity in preparation will win over all your guests as a summer treat.



Photos: Bryce Zhang

INGREDIENTS

Tuna sashimi

- 200gm yellow fin tuna, blood line removed
- 12 raw prawn cutlets de-veined
- 250gm punnet cherry tomatoes cut in half, lightly seasoned with salt (eg maldon sea salt)
- 2 large avocados
- 1 large red onion, finely sliced, soaked in water
- 1 bunch coriander leaves picked for garnish

Lime and black pepper dressing

- 150ml freshly squeezed lime juice
 - 1 tsp freshly minced garlic
 - 1 tsp palm sugar
 - (add more to required seasoning)
 - 1 tsp New York cut pepper or fine-milled black pepper
 - 150ml good quality olive oil (eg Kara Valley)
- Add first four ingredients until combined. Slowly whisk in oil until it emulsifies together.

METHOD

Using a sharp knife, cut four even slices of tuna. Place between two layers of plastic (vac pack bags are good, split in half). Place slices of tuna between sheets of plastic and bat out with the flat side of a tenderiser.

Place a bread and butter plate upside down over the plastic; cut around the plate to get an evenly-shaped circle. Do this for all four slices.

In a bowl place seasoned tomatoes, coriander and red onion; drizzle with olive oil until glossy. Place pat-dried prawns in a hot pan with garlic. Cook quickly (1 min) each side.

Cut around avocado. Twist to open. Remove the stone. Take a spoon and go around the inside of the avocado and spoon out to get whole half of avocado. Slice nice pieces from left to right (should get five good pieces).

Take tuna out of plastic and serve on plate. Season with a little crushed salt. Drizzle the lime and black pepper dressing over it.

Arrange sliced avocado in centre of tuna in a circle. Place prawns in with salad ingredients and place a nice mound on top of avocado.

Wonderful with a glass of Pinot Gris. ■

