

Albacore tuna poached in vanilla coconut milk, sautéed carrot colombo, taro chips

Recipe for 4 persons

Description

Albacore tuna poached in coconut milk accompanied by sautéed carrots with Asian style spicy garnishes.

Ingredients

Tuna

- 4 Unit(s) Yellowfin tuna
- 400 Ml Coconut milk
- 1 Unit(s) Vanilla bean
- 10 Gr Cornstarch
- Salt and pepper

Carrots

- 4 Unit(s) Carrot
- 2 Stem Celery
- 1 Unit(s) Onion
- 10 Gr Fresh ginger
- 2 Clove(s) Garlic
- 4 Sprig(s) Thyme
- 2 Unit(s) Vegan chili
- 2 Tbsp Colombo spices mix
- 2 Unit(s) Green onion
- 100 Gr Smoked bacon
- Salt and pepper

Chips

- 0.25 Unit(s) Taro
- Salt and pepper

Preparation

- Preparation time **30 mins**

Preparation

Cut the fish in 1cm cubes.

Scrape the vanilla beans to retrieve the seeds.

Cut the slab of bacon into cubes.

Peel and slice the carrots and cut the celery into sticks.

Peel and slice the onion and cut the green onion diagonally to make sifflets.

Mince the ginger, garlic and pepper.

Peel the taro and finely slice it using the mandolin.

Tuna

Heat the coconut milk in a sauce pot with the vanilla beans. Once simmering, add the corn starch

(previously diluted with a little of the liquid).

Make sure to whisk vigorously when you add the starch to the sauce pot in order to avoid having clumps.

Poach the cubes of tuna for 2-3 minutes while the liquid is simmering.

Carrot sauté

In a large pot of salted boiling water, blanch the carrots and celery along with thyme and colombo spices.

Once boiling, it should take about 5 minutes to cook. Strain the vegetables once done.

In a skillet, cook the bacon cubes, then add the onion, garlic, ginger and pepper.

Once ready to serve, add the carrots and celery and the green onions at the last minute.

Season to taste.

Plating

On a flat round plate, with the help of a ring mold, place a ring of vegetables on the outside of the mold. In the center of the vegetable ring, place the poached tuna and drizzle with the coconut milk sauce. Finish garnishing with a few fresh green herbs.

Bon appétit!