

Seared Sesame Tuna Salad with a Miso Soy Vinaigrette

Serves 8

INGREDIENTS

For the Seared Tuna:

50 gm piece fresh albacore tuna per serving
(just under 1 lb)
Togarashi spice
Black + White Sesame seeds
vegetable oil

For the Salad:

4 cups shredded Napa cabbage
2 cups shredded red cabbage
1 cup heirloom carrots, ribboned
4 scallions, sliced on a bias
1 cup edamame (unshelled), blanched
1 Tbsp black + white sesame seeds

For Pickled Daikon Ribbons:

1/2 daikon, spiralized
3 Tbsp rice vinegar
2 cloves garlic, minced
1 red chilli, minced
1/4 tsp sugar
1/4 tsp salt

For the Miso Soy Vinaigrette:

1 red Fresno chilli, with seeds, finely chopped
1/4 cup vegetable oil
2 Tbsp fresh lime juice
2 Tbsp white miso
1 Tbsp fish sauce
1 Tbsp rice vinegar
1 tsp sesame oil
1/2 teaspoon ginger, grated with rasp

For the Crispy Ginger:

2" fresh ginger, thinly sliced matchsticks
vegetable oil

Garnish

Micro cilantro
Crispy Ginger

METHOD

For the Seared Tuna:

Season the tuna with salt + pepper, then togarashi spice. Coat outside with a mix of black + white sesame seeds. To cook the tuna, place a non-stick frying pan over a high heat, then turn the heat down to medium and add 1 Tbsp. vegetable oil. Season the tuna generously, then sear for 1-2 min., leaving it undisturbed in the pan to brown. Turn over and continue to cook for 1-2 min. on the other side. This will give you a rare tuna. Slice to serve.

For the Salad:

Toss all ingredients together so they are well mixed.

Bring a pot of well-salted water to a boil. Set up a bowl with ice water. Blanch the edamame in the boiling water, approximately 30 seconds. When they are cooked but still have some crunch, plunge them immediately into the ice water.

For Pickled Daikon Ribbons

In a bowl, combine the vinegar, garlic, chilli, sugar and salt. Use a spiralizer to turn daikon radish into ribbons. Place ribbons into mixing bowl and pour marinade over. Set aside to marinate for 30 minutes.

For the Miso Soy Vinaigrette:

Mix all ingredients together in a bowl except for the oils. Stream oil slowly into mixture while constantly whisking. Taste for seasoning.

For the Crispy Ginger:

Heat vegetable oil to 350F. Carefully fry the ginger, a little at a time, until the slivers are just turning golden. It takes about 2 minutes. Drain on kitchen paper and sprinkle lightly with salt.



CLASS RECIPE