

# GOURMET FISHING

Season III - Episode III



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## Tuna Tartare



Host, Chef & Guide, David Murray





# Contents

Thank you for downloading our Info-Short recipe

3 Grocery List

4 Tuna Tartare







# Tuna Tartare

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Serves 4

10oz. Tuna Fillets  
2 Tbs Chives, chopped  
2 Tbs Benne Seed, toasted, or sesame seeds  
1/2 tsp Black Sesame Seeds, toasted  
1/2 a Lime Zest

## **Avocado Bed**

1-2 Avocado  
1/2 cup Chopped Cucumbers  
1 cup Loose Coriander, chop  
Lime Juice of 1 Lime  
Salt and Pepper to Taste

## **Tartare Sauce**

1 Tbs Grated Ginger  
1 Clove Garlic, grated or pressed  
1 Tbs Chives, chopped  
2 Tbs Ponzu  
1 tsp Sesame Oil  
1 Tbs Coconut Vinegar  
1 Tbs Agave Nectar

**T**he sauce should be one of the first steps. In a small bowl, add all of the Tartare Sauce together and stir well to combine by using a fork. Let the sauce rest while you prepare the tuna and avocado bed.

Cut the tuna in half across the flat and then cut them in half long ways. Next, with the last cut, keep the two halves of the fish together and then cut them into about 1/8" slices. Next, rotate the cuts 90 degrees to the first cut and repeat. You should have small 1/8" cubes of tuna. Add the dices to a bowl and add the benne and black sesame seeds. Next, add the chives and the lime zest. Stir the tuna to mix all the ingredients and coat the tuna. Let the tuna rest.

Using a food processor, add the avocado, diced cucumber, lime juice, chopped coriander, and salt and pepper to taste. Next, pulse the contents until combined well.

Add the tartare sauce to the tuna and combine until all of the tuna is completely coated with the sauce. Let stand for about 2 minutes.

Using a biscuit cutter or a ring mold, 3"-4" in diameter, place it on your serving plate and place a tablespoon or so of the avocado mix in the bottom of the mold. Spread the avocado into a thin layer. Next, fill the rest of the mold with the sauced tuna. Slowly lift the mold ring off of the tuna. Garnish with coriander leaves, slices of toasted baguette slices, or any other garnish.







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