



W WANDIN

RECIPE CARD #1

SEARED TUNA BELLY, PRAWN SALAD, PARSLEY EMULSION & PRAWN HEAD OIL

INGREDIENTS

100g Yellowfin tuna belly	2g Fennel seed	Zest of 1 lime
5ml Tonkatsu (Japanese BBQ)	10g chopped flat parsley	5g fine diced Granny smith apple
50g fresh cooked prawn meat	1g chopped chive	40ml freshly made mayonnaise
5g sesame seeds	50ml olive oil	5ml prawn oil
5g black sesame (Nigella seeds)	1/3 of 1 chilli	Sea salt & cracked pepper

METHOD

- Step 1: Brush Tuna belly with Tonkatsu, roll in seeds, pepper & salt.
- Step 2: Sear each side of tuna for ten seconds in prawn oil.
- Step 3: Mix chopped prawn meat, 10ml mayonnaise, lime zest, chopped herbs, salt and pepper & prawn oil together.
- Step 4: Form mixture into a ball and wrap in cling wrap for presentation
- Step 5: Blend parsley with oil until broken down and chlorophyll is released.
- Step 6: Sieve off all green oil from pulp fold through mayonnaise until incorporated.
- Step 7: Cut tuna into 1cm thick slices and arrange on plate.
- Step 8: Remove prawn salad ball from cling wrap and place on plate.
- Step 9: Dress the plate with parsley mayonnaise then drizzle the plate with prawn head oil. Garnish plate with herbs and serve.