

World Gourmet Summit 2003

Culinary Masterclasses

The Cuisine of

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Kelp Seasoned Tuna Slices on a Pickled Vegetable Salad with a Soy-Lime Dressing and Karengo Fronds.



Serves 2

Ingredients

tuna fillet (yellowfin or similar)

Soy-lime dressing :

300ml lime juice
400ml soy sauce
400ml sesame oil
350g brown sugar
600ml coconut cream

Pickled vegetable salad :

pickled ginger, julienne
pickled *daikon* radish, julienne
cucumber, julienne
red capsicum, julienne
coriander, finely sliced
spring onion, finely sliced
white and black sesame seeds, toasted
fish sauce/salt and chili

Garnish :

Karengo (kelp), soaked in water just before serving.
Leek crispies

Method

For the tuna: Cut tuna in a cylinder shape with a 4cm diameter and roll in kelp granules. Season and sear in a hot pan until golden. Then wrap tightly in plastic and chill.

For the salad: Mix the sliced vegetables and toss with sesame seeds. Dress with fish sauce or salt and chili. (Season just before you serve or moisture will be drawn out of the vegetables too quickly.)

For the soy-lime dressing: Whisk lime juice, soy sauce and brown sugar together. Slowly emulsify with sesame oil. Add coconut cream and mix well until smooth, then strain.

Serving

Ladle a pool of soy-lime sauce into the bottom of a bowl. Pile a small amount of salad in the centre of the plate. Slice 1-cm thick pieces of tuna and place on top of the salad. Garnish with *karengo* fronds and leek crispies.