

Tuna Tartar Layered With Jellied Green Tea With Avocado And Fresh Mango Dressed With Fried Cinnamon And Black Pepper



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014



Ingredients

Tuna Tartar Layered With Jellied Green Tea With Avocado And Fresh Mango Dressed With Fried Cinnamon And Black Pepper

- 300g tuna steak
- 50g agar agar
- Dilmah Ceylon Green Tea
- Salt
- Cane sugar
- Black pepper, cinnamon and cardamom by Ceylon Spice Company
- 1 lemon or white vinegar
- 1 banana
- 100m light soy sauce
- 1 mango
- 1 avocado
- 1 small bunch fresh coriander



- Salad leaves for garnish
- Canola oil

Methods and Directions

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- Dice a nice chunk of tuna using a sharp knife.
- Also dice mango and avocado separately in small brunoise.
- Brew green tea as per pack instruction.
- Add tea to agar agar (3g of agar agar to 100ml tea).
- Add salt, a touch cinnamon, sugar, mango and avocado.
- Delicately whisk and pour into the ring form.
- Freeze.
- To the make the tuna tartare add crushed pepper corn, cane oil, salt and fresh coriander to the diced tuna.
- Remove the tea mango form from the mould.
- Cut and remove one half of the frozen tea mango form and insert the other half back into the ring.
- Fill up the empty half of the mould with the tuna tartare.
- Bronze by using a blowtorch just a little bit and serve.
- Superb with a bunch of nice lettuce and coriander.
- For dressing mix banana with lemon juice, oil and soy sauce.