

Tuna Tasting

East Hampton

July 14, 2018



Menu

Chu-Toro Sashimi

Haku Mizunara Whiskey Barrel Aged Shoyu
Kyoto Prefecture



Seared Otoro, Lemon Habanero oil
Angelhair Pasta, Avocado



Toro Tartare, Oscetra Caviar
Inspired by Nobu Matsuhisa



Otoro Carpaccio
Cilantro, Lime, Olive Oil



Grilled Tuna Steak
Olive oil mashed Potato, Hazelnut



L.I. Peach Jello



Chutoro Sashimi

Haku Mizunara Whiskey Barrel Aged Shoyu - Kyoto Prefecture



Instruction:

Chilled plates, 2 slices of Belly Tuna, Julienne of thin daikon radish (10 min. in ice water) Nori Julienne, Wasabi, Nasturtium leaf (use shiso if you have it)
Haku Mizunara Whiskey Barrel Aged Shoyu (available at Eli's Manhattan or on Amazon)

Seared Otoro, Lemon Habanero oil
Angelhair Pasta, Avocado



Instruction:

Angelhair pasta mixed with dressing of equal parts Mayonnaise and Sour Cream,
Sherry Vinegar, Salt and Pepper

Slices of ripe Hass Avocado on top of the pasta

Lightly Sear the Tuna filet with a blow torch and slice with a sharp knife

Sprinkle Fleur de Sel, Lemon Habanero oil on the Tuna (available at Williams
Sonoma) and drizzle Extra Virgin Olive oil around

Toro Tartare, Oscetra Caviar
Inspired by Nobu Matsuhisa



Instruction:

Belly Tartare seasoned with a touch of grated Garlic and very finely chopped Shallot or Red Onion, Serve in a glass. Pour around the Tuna a mixture of Soy sauce, a touch of Wasabi and Dashi broth or Water.

Serve with a spoon of Oscetra Caviar and finely sliced Chive or Scallion

Otoro Carpaccio
Cilantro, Lime, Olive Oil



Instruction:

Chilled plates, slices of Belly Tuna,
Mix chopped Cilantro with Extra Virgin Olive Oil to season the Tuna
Add Fleur de Sel, Lime Juice, a touch of Lime zest, Croutons, Radish
Decorate with Cilantro flowers

Grilled Tuna Steak
Olive oil mashed Potato, Hazelnut



Instruction:

Season the Tuna (salt, pepper, oil) and quickly sear in a hot dry pan.

Boil potato and mash with Extra Virgin Olive Oil and salt,

Serve with a few hazelnuts, green olive, Sugar snaps, Fennel Fern, Tomato

Serve with a vinaigrette made with Dijon Mustard, Wine Vinegar, Water, Olive oil, Salt

L.I. Peach Jello



Instruction:

Make Peach Juice

(I use a "Mehu-Lisa" Steam Juicer – available at Amazon, to get clear juice)

Adjust the flavor if needed (add a little sugar if it's too tart)

Mix with 1 tbs. of gelatin per quart of juice.

Pour in wine glasses, chill for 4 hours