

SEARED ALBACORE TUNA WITH MANGO CRAB MAKI ROLL

Serves 4



Dino Renaerts
Executive Chef & Partner
The Bon Vivant
Consulting Group

Ingredients:

1 small loin Albacore Tuna
200 ml mirin
sprinkle togarashi (optional)
1 tbsp peanut oil (for seasoning tuna)

Maki Roll:

1 cup sushi rice (green tea or brown) *optional
2-4 sheets nori
2 cups mirin
1 small mango
150 g dungeness crab meat

Method:

1. Combine mirin and rice wine vinegar, reduce by half.
2. Rinse sushi rice until water is clear, add 1 ¼ cups water to 1 cup rice, bring to a boil, turn heat to low and simmer for 25 min. Transfer rice from pot when cooked to a bowl and gently fan to cool approx. 15 minutes. Adding mirin rice wine reduction to flavour rice, by gently folding together with rice.
3. Clean tuna, removing belly and any sinew, cut into bars, marinate with mirin, tamari & togarashi for up to an hour.
4. Clean Mango and cut into strips.
5. Heat skillet with peanut oil, pat tuna with paper towel to dry, season and carefully add to smoking hot skillet.
6. Sear for 10 seconds per side, remove and cool.
7. Lay sushi matt down and spread cling film over, lay nori on top, evenly spread a small amount of sushi rice leaving a quarter inch lip at the top. Lay Dungeness crab and mango along the bottom of sushi rice, drizzle spicy mayo (optional) using sushi matt fold bottom over mango and crab, tightening to secure roll. Keep in airtight container until you are ready to serve, can be refrigerated, but prefer to eat soon after made.
8. Slice tuna, and present on plate, slice nori roll using a wet knife, and garnish with dashi or soy and wasabi.

Notes:
