

Fennel Crusted Tuna Crudo, Tomato Relish, Radish

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Ingredients

1kg Tuna loins Sashimi Grade

For the Rub

80g Fennel Seeds
30g Black peppercorns
8g Chili flakes
5g Pepper berry's
10g Sea Salt Flakes

For the Relish

4ea Shallots Julienne
12ea Lokalen Garlic cloves sliced
3kg Roma Tomato medley gutted and quartered
240ml Red wine vinegar
2ea Star anise
80ml Sherry vinegar
20g White sugar
25g Chopped Parsley

For the Garnish

200g Daikon Radish Julienne
10ea Sliced French Radish
50g Micro Green Salad Mix

Method

For the Relish

In a large pot with a dash of olive oil, slow cook the garlic and shallots till soft and glassy. Add the tomatoes and star anise, simmer on medium heat till most of the liquid has been evaporated. Add the sugar and vinegar's, continue to cook till thick jam like consistence. Take off the stove and add parsley and season with salt and pepper. Remove star anise.

For the rub

In a large pan toast all spices till aromatic.
Place in spice grinder and blitz till fine ground.

Preparing the tuna

Dry of and excess liquid from the tuna loin, coat all sides of the loin and sear in a medium hot pan all sides for 10-15 seconds.
Cool down immediately in fridge.

Assembling the dish

Slice the tuna loin in 5mm thick slices, add a tablespoon of the relish on a plate. Place 3 slices of the tuna on the relish and garnish with the radishes and Micro green salad, drizzle with a good quality olive oil and sprinkle with sea salt flakes.