

# My Tuna Tartare makes you look like a Kitchen Rock Star!

Starting with the freshest piece of Tuna screams Tuna Tartar! This recipe will make you look like a star in the kitchen! Watch as I build it here!

Since producing this video: "*Canned tuna, both albacore (white) and light, are currently described by the FDA as a "good choice" and "best choice" respectively, for pregnant and breastfeeding women.*" Visit the National Fisheries Institute for much information about fish and mercury.

**SERVINGS:** 4 | **PREP:** 15 minutes | **COOK TIME:** | **TOTAL TIME:** 15 minutes

## INGREDIENTS

1/2 Pound Tuna Steak (Serves 2-4 For Appetizer)

1 Avocado (Cubed)

4 Tablespoons EVOO

1 1/2 Teaspoon Sesame Seeds (Toasted)

1 Teaspoon Sesame Chili Oil (Drizzle)

2 Teaspoons Ponzu Sauce

1 Lemon (Juice From Lemon)

1 1/2 Teaspoon kosher Salt

1 Paper Cup (Or Ring Mold For Shaping)

## INSTRUCTIONS

Cut avocado into cubes. Squeeze lemon juice all over. Turn the avocado in lemon. Sprinkle with kosher salt and set in fridge.

Cut Tuna into small cubes and place in ceramic or glass mixing bowl. Sprinkle with Kosher salt (1/2 tsp.)

Add most of the sesame seeds (leaving a bit for garnish), ginger oil and ponzu. Mix gently in bowl. Hold in fridge for about 1/2 hour before serving.

Cut the bottom of a paper cup or use a round cylinder mold to build the tartar.

Place paper cup in center of plate. Watch video to see how to build your tartare.

Garnish with remainder of sesame seeds and squeeze drops of chili sesame oil around plate before serving.

Serve Tuna Tartare with pita chips or crostinit's.

Relish in your new stardom!

## NOTES

A pairing of Sauvignon Blanc or Riesling works well.

I often enjoy a sparkling water with a squeeze of orange or lemongrass infused water with this. Nice!

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