

Fresh Grilled Tuna with Red Pepper and Sherry Vinegar Sauce, and Grilled Vegetables



Tuna

Ingredients (serves 4)

4	pieces of tuna (125 g each)
1 large pinch	Espelette pepper or chilli powder
15 mL (1 tbsp)	olive oil
To taste	salt, pepper

Directions

- Pour olive oil onto a plate and mix in pepper or chilli.
- Place tuna in oil and marinate for several minutes before cooking.

Red pepper and sherry vinegar sauce

Ingredients

The juice of 5 large red peppers or carrot juice	
1	egg yolk
5 mL (1 tsp)	honey
15 mL (1 tbsp)	sherry vinegar or red wine vinegar
30 mL (2 tbsp)	olive oil

Directions

- Pass de-seeded red peppers through a juice extractor to obtain 500 to 600 mL (2 cups) of juice.
- Bring juice to a boil in a small saucepan, add honey and reduce heat to medium.
- Simmer to reduce to 200 mL (3/4 cup) of juice (about 15 minutes) and allow to cool.
- Add egg yolk and vinegar, then slowly add oil using a blender.
- Add salt and pepper to taste.

Grilled vegetables

Ingredients

2	zucchini
2	large portabella mushrooms
12	banana or baby potatoes
8	baby yellow beets
8	green asparagus
8	baby carrots
8	cherry tomatoes
30 mL (2 tbsp)	olive oil
15 mL (1 tbsp)	balsamic vinegar caramel

Directions

- De-stem mushrooms and scrape out gills from caps using a sharp knife. Slice thinly and set aside.
- Wash zucchini and slice thinly lengthwise using a Chinese mandolin. Set aside.
- Peel asparagus using a vegetable peeler to remove fibre. Cook 3 minutes in salted boiling water. Cool and set aside.
- Cook potatoes in salted water. Do not overcook. Potatoes should be firm enough to cut in two.
- Peel carrots and baby beets. Cook until slightly crunchy but easy to cut in two.
- Sprinkle all vegetables with oil, season and sear quickly on the grill.
- Place vegetables in a bowl with cherry tomatoes cut in two. Add balsamic vinegar caramel.

Presentation

- Place grilled vegetables on a plate.
- Place tuna on the grill and sear on all sides.
- Serve tuna rare on top of the vegetables. Tuna must be served rare as it tends to dry out quickly.
- Top with 1 tbsp of red pepper sauce.