

maguro no zuke

RECIPES FROM THE TC KITCHEN



ingredients

- Yellowfin or bluefin tuna
- 2 eggs whites
- Sesame seeds
- Small red onion, finely diced
- Japanese mayo
- Sriracha hot sauce
- Salt & cracked pepper
- Fish roe
- Pickled ginger and rice to serve

Maguro no Zuke is marinated bluefin on rice. This interpretation of the tasty recipe comes from the kitchen of Tuna Champion, Robert.

directions

- Slice tuna into rectangles
- Lightly beat egg whites, roll in tuna to cover, then roll tuna in sesame seeds
- In a hot skillet, sear tuna in olive oil for 30 seconds on each side - the idea is to keep the inside raw
- Remove from pan, season with salt and pepper, and let rest
- Finely dice red onion
- Cook the rice, ready to serve.

To assemble:

- Cut tuna in bite-size pieces and place on a bed of rice on each plate
- Top with diced onions and drizzle with mayo - at this stage use a blow torch just to caramelize the onions
- Top with Sriracha, sprinkle fish roe on top, and add a side of pickled ginger.

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