

Seared Tuna with seasonal vegetables



15:10

This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Granite enamelled tray, 60 mm deep, 3013030

PROFILE

- Chilled 4°C
- 1 Full Tray
- From Scratch

Steam
00:06 | -
2

Stage 1
90 °C

Steam
00:35 | -
2

Stage 2
90 °C

Convection
00:04 | -
2

Stage 3
230 °C

RECIPE

Ingredients

1	kg	Fresh tuna fish
1	pcs	Stalk of green celery
0,5	pcs	Onion (medium size)
1	pcs	Carrot
100	ml	Milk
50	g	Parmigiano Reggiano cheese
1	pcs	Spring of rosemary
2	pcs	Chili peppers (optional)
150	g	Potato
50	g	Cherry tomatoes
10	ml	Extra virgin olive oil
1	pinch	Salt to taste

1. Food Preparation

Clean and mince celery, carrot and onion. Season with rosemary and pour on a Teflon baking tray and put aside for later. Steam the potatoes at 90°C for 35 minutes. When the potatoes are nearly done, add the vegetables for the last 6 min, so that everything will be done at the same time. After 35 min in total, take out the potatoes and make a purée asserted with milk and Parmigiano Reggiano cheese. In the meantime, preheat the Convotherm to 230°C together with the empty grill griddle. Clean the tuna fish, cut it in morsels, add some olive oil and pour them on the hot grill griddle. Put the tuna fish in the oven, sear for 4 minutes then season it with salt and pepper.

2. Cooking Instruction

The tuna looks much better, if its getting seared from all sides. Means you should open the door in between and turn the file.

3. Food Serving Instruction

Make a circle with the potatoes purée, pour vegetables on it and then the tuna fish and the tomato sauce to add some sourness.

Note: Information emanating from Welbilt is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.