

Seared Tuna with seasonal vegetables



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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

	Stage 1
Steam	90 °C
00:06 -	
2	
	Stage 2
Steam	90 °C
00:35 -	
2	
	Stage 3
Convection	230 °C
00:04 -	
2	

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 Tomato sauce
- 1 kg 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 filet.

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.