



Tuna Tataki

Tataki literally means 'pounded' but in Japanese cooking it usually refers to meat or fish that's been lightly seared then thinly sliced, so that it's just cooked on the outside and still raw on the inside. Some sources claim 'tataki' refers to the traditional accompaniment of pounded ginger, others that the meat itself was originally pounded before cooking. Whatever the origin, it's easy and delicious and the contrast of raw and cooked tuna makes for a striking presentation. For an even lighter searing, use a kitchen torch to just colour the outside of the fish before slicing.

Serves 2 as a starter

INGREDIENTS

- 1 x 120g piece sashimi-grade tuna, saku cut (4¼oz)
- Pinch salt flakes, crushed
- Sesame oil, for rolling
- A few small mizuna or shiso leaves, for serving
- 1 green onion (scallion), finely sliced
- Ponzu sauce, for serving

Tataki Sauce

- 1 tablespoon soy sauce (20ml)
- 1 tablespoon sake (20ml)
- 1 tablespoon mirin (20ml)
- 1 clove garlic, crushed
- ½ teaspoon ginger juice (2.5ml)



METHOD

1. Remove tuna from the fridge 60 minutes before cooking.
2. Trim off any membrane and set tuna aside to allow it to come to room temperature.
3. Make Tataki Sauce: combine all ingredients in a small saucepan over medium heat until just simmering. Remove from heat, cover and set aside to keep warm.
4. Preheat a well-seasoned cast iron frying pan or grill plate until very hot.
5. Roll tuna in oil to coat well; sprinkle with salt.
6. Place in pan or on grill plate and cook for 30 seconds or so on every side, until well-coloured.
7. Place in Tataki Sauce immediately, rolling to coat it well.
8. Set aside for 5 minutes or so, turning occasionally.
9. Meanwhile, arrange mizuna or shiso leaves on a platter.
10. Remove tuna from sauce, slice as thinly as possible and arrange on leaves.
11. Drizzle with a little Tataki Sauce and scatter green onion over the top.
12. Serve with ponzu sauce and remaining Tataki Sauce on the side for dipping.