

World Gourmet Summit 2006  
Culinary Masterclass  
Singapore Tourism Board, Auditorium

20 April 2006 / 9.30am to 11.00am

## TUNA TARTARE WITH AVOCADO AND CRISPY SHALLOTS

Presented by:  
Masterchef Laurent Tourondel

### Serves 6

#### **Ingredients:**

- 500g Fresh tuna, trimmed and cut into 3-mm dices
- 6 tbsp Extra virgin olive oil
- 2 Ripe Haas avocados, peeled and diced

#### **Crispy Shallots**

- 3 tbsp Peanut oil
- 2 tbsp Shallots, finely chopped
- Wondra flour, for dredging
- Fine sea salt, to taste

#### **Wasabi Dressing**

- 1½ tsp Wasabi powder
- 3 tbsp Soy sauce
- 2 tbsp White mirin
- 1 tbsp Mustard oil
- 1 tbsp Rice wine vinegar
- 2 tsp Honey
- Freshly ground black pepper, to taste



### Method

1. For the crispy shallots: Heat the peanut oil into a frying pan until hot. Toss the chopped shallots with the flour and add to the hot oil and stir-fry until golden brown, about 30 to 60 seconds. Remove the crispy shallots with a slotted spoon and drain on absorbent paper towels. Sprinkle with a pinch of fine sea salt.
2. For the wasabi dressing: Stir together the wasabi powder and 1 tablespoon water in a medium-sized bowl to make a smooth paste. Whisk in the soy sauce, white mirin, mustard oil, rice wine vinegar, and honey. Season with freshly ground black pepper to taste.
3. Toss together the tuna dices with the olive oil in a mixing bowl.
4. To serve: Place a ring mould on each serving palate and fill with a layer of avocado dices; and then top with the tuna dices and followed by crispy shallots. Remove the ring mould and drizzle the wasabi sauce around the tuna.