

Albacore Tataki, Beluga Lentils, Lemon Soy Emulsion



**ALBACORE TATAKI WITH BELUGA LENTILS
LEMON SOY EMULSION, CHILI OIL
SESAME SEEDS, BASIL, CILANTRO**

An exquisite culinary experience, often reserved for high-end Michelin-starred restaurants, combines raw bluefin tuna with Beluga caviar. Here, in this “tuna &

caviar" alternative, the more sustainable and economical albacore takes center stage.

Beautiful wild Alaskan albacore is marinated in a delectable sweet-soy-ginger-garlic mixture then briefly seared and caramelized in a hot pan. This tantalizing dish is playfully paired with Beluga lentils, known for their small, glossy black appearance that resembles the famed caviar.

Beluga lentils offer their own distinct charm. They may not replicate the luxury of caviar, but they bring a delightful earthy character all their own to the delicious tuna, without the extravagant price tag!

ALBACORE TATAKI RECIPE

Marinade

2 T. low sodium soy sauce

1 T. sake

2 t. toasted sesame oil

2 t. superfine sugar

1 t. garlic, minced

1 t. ginger, minced

several grinds of black pepper

approx. 8 oz. albacore tuna fillet

Mix marinade ingredients together in a small bowl, stir to dissolve sugar.

Place albacore in a shallow bowl. Pour marinade over the top and rotate to coat. Refrigerate for 30 minutes, rotating in the marinade occasionally.

Beluga Lentils

1/2 c. beluga lentils

good olive oil

sea salt and fresh ground pepper

Cook lentils according to package instructions. Toss with a very light splash of olive oil. Season cooked lentils with salt and pepper to taste. (May not need all the cooked lentils for the finished dish).

Lemon Soy Emulsion

1 T. lemon juice

1 T. low sodium soy sauce

2 T. good olive oil

Blend ingredients in a small container with an immersion blender.



Albacore Tataki

marinated albacore fillet

high-heat avocado oil

Remove albacore from marinade. Heat a non-stick skillet or cast iron pan over high heat and add avocado oil to coat the pan. When the oil is hot, sear the

albacore tuna on all sides. This should only take a minute or so per side. Once seared, remove the albacore tuna from the heat and let it rest on a wire rack for two minutes. Using a sharp knife, slice the albacore into slabs about 1/2 inch thick.



To Plate

sesame chili oil (use more or less to taste)

black & white sesame seeds

cilantro, chopped

basil, chopped/ plus 1 sprig for garnish

Pour lemon soy emulsion onto a serving platter. Arrange albacore slices in the emulsion. Drizzle with chili oil. Sprinkle with sesame seeds. Spoon warm beluga lentils in the center and about the albacore slices. Sprinkle chopped cilantro and basil over the dish. Garnish with basil sprig.

MORE ALBACORE

Elegant Seared Albacore, Roasted Mushrooms, Demi-Glace [here](#)

Flaming Seared Albacore, Peppercorn Brandy Cream Flambé [here](#)

MORE BELUGA LENTILS

Hell's Kitchen & Crispy Skin Salmon [here](#)

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