



Nori-Cured Ahi Tuna on Bamboo Spoon



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



8

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces ahi tuna into diced finely sashimi or sushi grade
- ☐ 2 tablespoons garlic root fresh minced peeled a
- ☐ 3 tablespoons garlic minced 6 to 9 garlic cloves
- ☐ 8 servings grapeseed oil as needed to lightly coat pan
- ☐ 1 cup honey
- ☐ 2 juice of lime juiced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon sheets nori seaweed such as from a package of 10 yakinori, pulverized

- ☐ 1 teaspoon salt
- ☐ 1 bunch scallions white green sliced and tender parts only
- ☐ 1 teaspoon tōgarashi Japanese 7-spice
- ☐ 1 cup naturally soy sauce brewed
- ☐ 0.5 teaspoon sugar

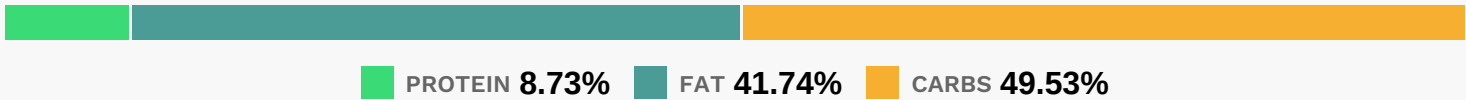
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Special equipment: 8 mini (3 1/2 to 4-inch) bamboo spoons (see www.montessoriservices.com/store)
- ☐ In a small bowl combine salt, sugar, togarashi, and pulverized nori. Stir in tuna to coat, cover and refrigerate about 2 hours to lightly cure. Divide into 8 even portions and place on flat bamboo spoons.
- ☐ Drizzle with ginger soy syrup.
- ☐ In a pan lightly coated with oil, combine garlic, ginger, and scallions over medium heat, season with salt and pepper, and let sweat. Deglaze pan with soy sauce, honey and lime juice.
- ☐ Let reduce by 30 percent to 40 percent until the mixture becomes a syrup, about 10 to 15 minutes.
- ☐ Let cool and transfer to a bottle. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:39.42, Glycemic Load:19.11, Inflammation Score:-4, Nutrition Score:7.8021739358487%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 302.81kcal (15.14%), Fat: 14.8g (22.77%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 38.86g (14.13%), Sugar: 35.8g (39.78%), Cholesterol: 5.39mg (1.8%), Sodium: 1923.75mg (83.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Vitamin E: 4.31mg (28.76%), Vitamin B12: 1.34µg (22.28%), Manganese: 0.29mg (14.72%), Vitamin B3: 2.52mg (12.62%), Vitamin B6: 0.21mg (10.29%), Selenium: 6.54µg (9.35%), Vitamin A: 450.27IU (9.01%), Phosphorus: 86.47mg (8.65%), Iron: 1.22mg (6.75%), Vitamin B2: 0.11mg (6.48%), Vitamin K: 6.79µg (6.47%), Vitamin C: 4.83mg (5.85%), Magnesium: 22.55mg (5.64%), Vitamin D: 0.81µg (5.39%), Potassium: 164.8mg (4.71%), Copper: 0.09mg (4.59%), Vitamin B1: 0.07mg (4.41%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.4mg (2.65%), Fiber: 0.64g (2.58%), Folate: 10.16µg (2.54%), Calcium: 23.62mg (2.36%)