



Tuna Tartare with Yuzu Gelée



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings avocado cut into 1/2
- ☐ 1 tablespoon chives minced
- ☐ 1 cup dashi granules (japanese stock)
- ☐ 0.2 ounces gelatin powder
- ☐ 0.5 teaspoons granulated onion
- ☐ 0.5 teaspoons sauce
- ☐ 0.5 optional: lemon juiced
- ☐ 1 teaspoon olive oil

- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 teaspoons soya sauce
- ☐ 7.8 ounces tuna
- ☐ 1 tablespoon yuzu juice drink
- ☐ 1 teaspoons frangelico
- ☐ 1 teaspoons frangelico

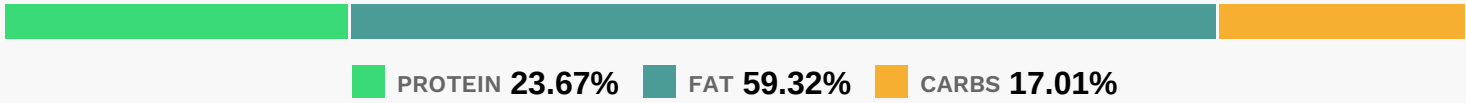
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a small saucepan, bring the dashi to a boil, then add the salt, soy sauce, and sugar, stirring until dissolved.
- ☐ Remove the pan from the heat and sprinkle on the gelatin. Stir until the gelatin is dissolved. Stir in the yuzu juice, then pour the mixture into a container and refrigerate until set. Slice the tuna into strips, and then cut them into 1/2" cubes.
- ☐ Add it to a bowl along with the olive oil, chives, sesame seeds and soy sauce. Stir to combine. Cover and refrigerate until your gelée is set. When your ready to serve, cut the avocado into cubes and sprinkle with the lemon juice and a little salt. Toss to distribute evenly. To construct your tartare, oil a ring mold and place it in the center of a plate.
- ☐ Add a layer of tuna and gently pack it down.
- ☐ Add a thin layer of avocado, gently packing, and then top by scooping the gelée on top like a sauce. Give the mold a few twists to make sure it's not sticking and then lift it straight up.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:17.864347810331%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 252.89kcal (12.64%), Fat: 17.63g (27.13%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 3.97g (1.44%), Sugar: 1.28g (1.43%), Cholesterol: 19.9mg (6.63%), Sodium: 500.66mg (21.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.66%), Selenium: 39.68µg (56.68%), Vitamin B3: 8.29mg (41.44%), Fiber: 7.41g (29.64%), Vitamin B12: 1.48µg (24.7%), Vitamin B6: 0.48mg (23.78%), Vitamin C: 19.13mg (23.19%), Folate: 90.99µg (22.75%), Vitamin K: 23.44µg (22.33%), Potassium: 681.79mg (19.48%), Copper: 0.37mg (18.58%), Vitamin E: 2.52mg (16.77%), Phosphorus: 166.88mg (16.69%), Vitamin B5: 1.51mg (15.15%), Magnesium: 52.94mg (13.24%), Vitamin B2: 0.21mg (12.36%), Iron: 2.09mg (11.62%), Manganese: 0.23mg (11.41%), Zinc: 1.26mg (8.39%), Vitamin B1: 0.11mg (7.24%), Calcium: 67.04mg (6.7%), Vitamin D: 0.66µg (4.42%), Vitamin A: 215.79IU (4.32%)