

Ahi Tuna and Avocado Timbale

Recipe: A fresh combination of ahi tuna, avocado, cilantro and wakame salad

Ingredients:

Qty	Measure	Ingredient
1	Pound	Fresh sushi grade tuna (cut small, diced)
2	Each	Avocado (cut small, diced)
1	Cup	Wakame salad (or substitute micro greens)
3	Tablespoon	Lemon juice
1	Tablespoon	Lime juice
2	Tablespoon	Sesame oil
1	Tablespoon	Soy sauce
1	Tablespoon	Lemon zest
1	Each	Mandarin orange or orange segments
Salt and pepper to taste		

Equipment:

A non-reactive, non-metal bowl. Use a plastic, ceramic or glass bowl.

Tablespoon

Knife

Instructions:

- In a non-reactive bowl, place the tuna, lemon and lime juice, sesame oil, soy, lemon zest, salt and pepper to taste.
- Place the avocado in a non-reactive bowl with lemon juice to prevent it from turning black.
- Place a 3-inch cylinder in the middle of the plate.
- Create layers starting with the wakame, tuna, and avocado, and repeat the process to the top. (See photo)
- Gently remove the cylinder. You may need to use a spoon to gently push the ingredients through.

Presentation:

- Sprinkle with sesame seeds and place mandarin segments around the outer edge of the Timbale.

Lorena Suggests:

- Tuna should be deep red in color; center-cut should have no nerves (small white lines) and no fatty tissue. This will make the cutting process easier.
- Wakame is raw seaweed often found in Asian markets or in the Asian section of your grocery store.
- A Timbale refers to the presentation of ingredients.
- If you don't have a cylinder you can use a piece of PVC pipe or an empty soup can with the top and bottom cut off.