Lacquered tuna steak with Thaisoi



Ingredients

4

- 4 tuna steaks weighing 150 g
- 2 heads of pak choi
- 10 g Bresc Garlic chopped
- 1 pointed pepper
- 300 g long-grain rice
- prawn crackers
- oil for frying
- sambal (spicy Indonesian condiment)
- 30 g shallot, chopped
- 3 dl Indonesian soy sauce
- 25 g honey
- 40 g Bresc WOKginger
- 1 lime
- 30 g Bresc Lemongrass puree

Used Bresc products



Bresc Garlic chopped 1000g



Bresc Garlic chopped 450g



Bresc Ginger & lime WOK 450g



Bresc Lemongrass puree 450g

Preparation method

Braise the shallots until almost transparent. Add the lemongrass and honey.Then add the Indonesian soy sauce and reduce. Puree the lacquer, strain if preferred and add the grated lime peel at the very end. Allow to cool. Marinate the tuna in a little lacquer. Cook the rice, rinse and allow to dry in its own steam. Stir-fry the vegetables in some oil and season with a little lacquer.
Cut the pak choi and the pointed pepper coarsely and grill the tuna. Stir-fry the vegetables with the chopped garlic and season. Brush the tuna with the lacquer and serve with the vegetables, fried rice, some prawn crackers and sambal.

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