


SEARED TUNA WITH MARINATED FENNEL



INGREDIENTS

10 

- 1750g tuna
- 315 g rocket
- 200 g Bresc Tapenade figs
- 150 g lemon juice
- 100 g olive oil
- 75 g Bresc Parrillada aio e limone
- 50 g fennel seed
- 25 g Bresc Lemongrass puree
- 3 fennel bulb
- salt and pepper

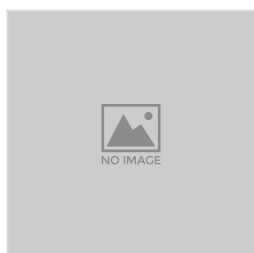
USED BRESC PRODUCTS



Bresc Lemongrass puree
450g



Bresc Parrillada Aio e
Lemone 450g



Bresc Tapenade figs 325g

PREPARATION METHOD

Grate the fennel on the mandoline, then marinate it in the Aio e limone. Preferably marinate it under pressure (vacuum-sealed). Cut the tuna in 10 good steaks. Season with salt, pepper and fennel seed. Mix the lemon juice and olive oil to make a dressing and season with the lemongrass puree, salt and pepper. Sear the tuna in the oil so that the outside is brown but the fish remains a lovely red inside. Arrange the fennel salad on a plate and place the tuna on top. Lastly, add the rocket with the lemon dressing. Place a quenelle of fig tapenade on top and drizzle a few drops of the lemon dressing over it.