



Grilled Tuna with Tomato Herb Salad and Zesty Lemon Sauce

Ingredients (Serves 4)





-  4 Tuna Steaks
-  4 Large Desiree Potatoes
-  Olive Oil
-  50g Butter
-  150g Plain Flour
-  400ml Vegetable Stock
-  100ml Cream
-  2 Lemons
-  Fresh Herbs
-  Green Vegetables

Method:


Tuna Steaks

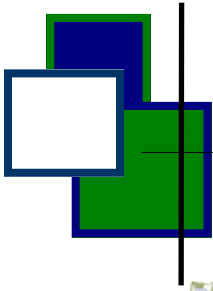
-  Brush Tuna Steaks with Olive Oil on each side and using the hot plate, seal 'cris cross' style on each side and move to the oven tray

Lemon Sauce


-  Firstly, prepare a 'blonde roux' with the butter and flour. To do this, you simply melt the butter in a small pot, and stir in the flour to create a paste.
-  Remove the roux from the pot and add the vegetable stock. Once the stock has started to boil, whisk in the roux a little at a time until it starts to thicken. This is called a veloute sauce and is used as a base sauce for all chefs
-  Once the sauce has a nice consistency, add the cream to make the sauce nice and round in texture
-  Just before service, you will then need to add the lemon zest, lemon juice and the salt and pepper to taste

Vegetables



-  Slice the Desiree Potatoes into ½ cm slices and sauté in olive oil on both sides and place ready on the oven trays – then coat the potatoes with the chopped herbs






Herb Salad

-  Pick your herbs of choice and mix with julienne tomato, Olive Oil, Balsamic, and salt and pepper

Prior to service

-  Cook the Tuna and Potatoes in a hot oven (200 degrees) but be careful not to over cook the tuna. It needs to be slightly pink in the middle
-  Heat the sauce over the stove and season with lemon zest and juice

To Serve

-  Place a portion of the potatoes on each plate in a circle in the centre of your plate
-  Place some greens on top of the potatoes, then place the tuna steak on the greens and top the tuna with the herb salad
-  Pour the sauce around the dish, and in a decorative fashion, place your chosen steamed vegetables around the edge of the plate