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Across boundaries



MASTER CHEF VALTER BELLI
ITALIAN CUISINE

TUNA STEAK MARINATED, CAULIFLOWER PUREE AND BALSAMIC CARAMELISED ONION

Ingredients:

800g tuna in two or three thick slices, 3cm
For the marinade -
1 pieces lemon (zest)
8 pieces mint leaf
Chopped fresh herbs (parsley, basil, chives, oregano)
4 tbsp extra virgin olive oil
10 pieces capers
Salt and pepper, as required
Cauliflower purée
Balsamic vinegar caramelised onions
Caramelised onions in balsamic vinegar

500g red onion
150g sugar
200g balsamic vinegar
20g honey
700g cauliflower
200g potato
500ml milk
100g Parmesan cheese
Nutmeg grated
Salt
Pepper

Method:

In a bowl mix the marinade ingredients, then the oil, lemon peel, herbs including chopped mint, chopped capers, salt and pepper. Dip the tuna steak in the marinade and refrigerate for at least 30 minutes or preferably a couple of hours.

Prepare the pan and cook the tuna steak over high heat for a few minutes (about 2 per side) turning once with a wooden spatula.

Remove from heat and cut into thin slices about 1 cm in diameter with the blade slightly oblique.

Serve in a dish on a bed of cauliflower, lay on each slice of tuna a teaspoon of caramelised onions and sprinkle the remaining marinade oil.

Caramelised onions in balsamic vinegar –

To prepare the onions in balsamic vinegar, start by cleaning the onions. Wash, peel and slice the onions. Take a saucepan, add the onions and balsamic vinegar, then leave to dry for 10 minutes over low heat, stirring frequently. When the onions have softened, add the honey and sugar and cook for about 45 minutes over very low heat, stirring often.

Cauliflower purée -

Divide the cauliflower into florets and cut them in half. Peel the potatoes and cut them into pieces of medium size.

Put everything in a saucepan, pour half a litre of water, add a little salt, put on the fire and bring to a boil. Cover, lower the heat and simmer for about twenty minutes.

Withdraw, drain everything and mix, add milk to such an extent that the consistency of the mixture remains quite creamy.

Put back on the stove over medium heat so that the purée does not reach the boil.

Set aside for five minutes, add the parmesan cheese, salt and pepper and add a pinch of nutmeg.

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