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Private Chef - Global Catering - Food Consulting





Tapas of Swordfish belly Tataki with pickled Ginger



"I prefer for most of my swordfish recipes the belly piece. Even quite cooked it remains juicy and the taste is also very rich."

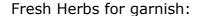
Ingredients for 4 Persons:

Swordfish belly:

500 g Swordfish belly 100 g fresh Tarragon 100 g fresh Basil Sea salt, ground cumin, ground cardamon

Ginger pickles

200 g fresh Ginger 100 ml rice vinegar 40 g sugar Sea salt some Mirin grated lime peel



Chives Cilantro



Preparation:

- Cut the swordfish belly in long Fillets
- marinate with the salt, the finely chopped fresh herbs the cumin and the cardamon.
- Let the swordfish rest so that the flavors can develope better.
- Grill the sword fish on very high heat in a frying pan with a drizzle of vegetable oil just some seconds on every side to seare well and to get a flavorful crust, but keep the inside raw. Don't cover the fish, place it on a small baking tray and braise it slowly in the oven 65°C for about 30 minutes maybe less, depending on the oven and on the size of the fillet.
 - Cool the fish slightly and cut in thick mignons.
 - For the pickled ginger slice the peeled ginger on a cutting machine or with a very sharp knife.
 - Prepare a syrup with the rice vinegar, the sugar, the salt, the Mirin, and the lime peel and add the ginger slices. Cover and keep on about 60°C for about
 - 30 minutes. Turn off the heat and allow the pickled ginger to cool slightly.

Serve the sword fish on a stone plate or a nice tile, garnish with the drip dry Ginger on top and finnish with some chopped chives and cilantro

