

L'ESPALIER

FIRST COURSE

BLUEFIN TUNA BELLY IN BONITO BROTH

12 oz. Bluefin tuna belly

1 lb. Udon Noodles (already cooked and heated in simmering hot water before placing in soy marinade and serving)

WAKAME SALAD

4 oz. wakame

2 lemon leaves, minced

1 tbsp. shiso, chopped

1 cup bean sprouts

1 tbsp. pickled ginger, minced

MISO BROTH

2 quarts water

1.5 oz. Dashi seaweed

2 oz. Bonito flakes

2 tbsp. miso paste

Place water into a large pot and bring to a boil and steep dashi until soft. Strain, then bring to a boil and add bonito flakes. Cook for 7 minutes. Strain and add 2 tbsp. of diluted miso paste.

MARINADE FOR TUNA

2 tbsp. soy sauce

1 tsp. minced garlic

2 tsp. lemon juice

1 tsp. sriracha

1 tbsp. mirin

Note: ½ of this marinade is to be reserved for noodles.

Marinate tuna 2 hours before serving. Remove from marinade and place in a red hot skillet. Char quickly on all sides, then place on a roasting rack. If you have a 2 inch thick belly, place into 400 degree preheated oven for three minutes. Slice tuna and place over noodles. Ladle broth over and place portion of salad on top to finish.