

TUNA CONFIT ON...

... SEMI-DRIED TOMATOES WITH LEMON-TOMATO VINAIGRETTE AND LIGHTLY JELLIED CUCUMBER SALAD WITH MINT AND PEPPER CREAM



Andreas Krolik – Michelin-star chef
Finest recipes of the season

Ingredients for 6 persons:

Divide approx. 400g of red, naturally coloured, sashimi quality tuna into 6 equal 65g portions

½ garden cucumber, approx 300g

Approx. 2g ground algae-extract for the jelly; or ¼ leaf of gelatine

Approx. 1l strong, unstrained olive oil (e.g. extracted from Coratina olives from Apulia) (pour 800ml into a small saucepan for cooking)

1 dash of mature balsamic vinegar (min. 12 years old)

½ teaspoon champagne vinegar

1 tablespoon high-quality, unfiltered lemon vinegar

Fleur de Sel

Freshly ground black pepper

1 teaspoon mixed peppercorns coarsely crushed in the mortar for the pepper cream (cubeb pepper, long pepper, red berries, Malabar pepper and a pinch of lemon-pepper)

1 pinch of sugar

2 cloves of garlic, 1 sprig of thyme, 1 sprig of basil, 1 sprig of rosemary to add aroma to the olive oil

½ teaspoon finely chopped dill

1 teaspoon finely chopped mint

1 teaspoon finely chopped basil

1 egg

½ teaspoon coarse mustard

1 tablespoon crème fraîche

1 tablespoon oil made from black dried olives

1 handful of herbs, frisée lettuce and rocket tips

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Ingredients for semi-dried tomatoes: 30 pieces and preparation of the vinaigrette:

15 ripe plum tomatoes / San Maranzo or roma tomatoes

3 sprigs of thyme

2 sprigs of rosemary

2 cloves of garlic, coarsely pressed

80ml strong, unstrained olive oil (see above)

Finely ground sea salt, freshly ground black pepper

Preparation:

Blanch the tomatoes in boiling water for 10-15 seconds, place in ice-cold water then remove the skin and halve. Remove the core and stem with a spoon, retain the core and season with a pinch of Fleur de Sel, sugar and freshly milled pepper, 4 tablespoons of strong olive oil, a dash of mature balsamic vinegar, a crushed garlic clove and some sprigs of basil and marinate for approx. 2-3 hours. This forms the basis for the vinaigrette.

Reserve 4 tomato halves for the vinaigrette and place the remaining 26 halves on a baking sheet next to one another with the inside faced down. Cover with the thyme and rosemary sprigs and the garlic, drizzle with olive oil, season with salt and freshly milled pepper and place in an evenly heated oven at 90°C for approx. 2 hours. Leave the oven door however, slightly ajar as this will lead to the tomatoes remaining slightly juicy and not totally dried as is normally the case when purchased from the shops.

The semi-dried tomatoes will keep for at least 7 days if cooled, stored in olive oil and well sealed.

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Preparation:

Season the tuna pieces evenly on all sides with some freshly ground pepper and Fleur de Sel. Heat some olive oil in a suitable frying pan, add the tuna pieces and quickly seal on all sides, but don't fry. Remove the tuna immediately from the pan.

Heat the 800ml of olive oil in a suitable saucepan to 60°C, add the sprigs of herbs and the garlic and place the tuna pieces next to on another in the oil so that they are covered. Leave the pieces to stand for 15-20 minutes until the core temperature is 35-38°C, then allow the pieces to cool in the oil.

Wash the cucumber, peel and cut into 2mm slices (without the core), and then cut into 2mm cubes. Season lightly with Fleur de Sel, freshly ground pepper and a pinch of sugar and drain in a sieve, retaining the juice. Season the cucumber core and drain in a sieve for approx. 30 minutes.

Mix the juices together and season with a dash of champagne vinegar, sea salt, pepper and sugar and thicken to a creamy jelly using the algae extract or gelatine. Cool briefly. Then mix the diced cucumber with the jelly-juice mixture and add the finely chopped mint and dill. Pour into 8 small cooking rings with a diameter of 3.5cm and cool. Cut the half-dried tomatoes into uniformly sized squares and arrange in rows of four. Finely dice the leftover tomato strips and the 4 fresh halves that were put aside.

Using a ladle, forcefully press the vinaigrette preparation through a pointed sieve to obtain as much juice as possible from the tomato flesh. Add the lemon vinegar and adjust the seasoning if need be. Add the two types of diced tomato, the finely chopped basil and some olive oil and then place aside.

In a small mixing bowl briefly mix together the egg with some Fleur de Sel, a pinch of sugar, the coarse pepper mixture and the coarse mustard. Slowly mix in some room temperature olive oil and the black olive oil until a creamy consistency is reached. Finish off by stirring in the crème fraîche.

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Serving:

Remove the tuna pieces from the oil and drain on kitchen paper. Cut each piece into 5 or 6 equal slices.

Place 4 semi-dried tomatoes next to each other in a row in the middle of the plate. Lightly pour the tomato-lemon vinaigrette over the tomatoes and place a cucumber ring at either end. Remove the ring and top each cucumber turret with some of the herb and salad leaf mix.

Place the tuna slices between the cucumber turrets on top of the marinated semi-dried tomatoes. Finish off by pouring some of the pepper cream around the plate.