

Beech Ovens Recipe Library

Cajun Ahi Tuna Salad with Sea Beans & Dijon Mustard Emulsion

Name of dish:	Cajun Ahi Tuna Salad with Sea Beans & Dijon Mustard Emulsion
Number of portions:	4



Recipe Courtesy of Chef Grant MacPherson, Scotch Myst.
<http://www.scotchmyst.com>

Photographer: Bill Milne

Dijon Mustard Emulsion:

¾ cup or 175ml Chicken Stock
 ¼ cup or 50ml Heavy Cream
 ¼ cup or 50ml Crème Fraiche or Sour Cream
 2 tablespoon or 30ml Dijon Mustard
 4 ounces or 113g Butter, Cut into Chunks
 Salt and Ground Black Pepper

Salad:

8 ounces or 225g Hawaiian Ahi Tuna
 3 tablespoons or 27g Cajun Seasoning
 1/3 cup or 75ml Red Wine Vinegar
 2/3 cup or 150ml Extra Virgin Olive Oil
 1 small head Boston Lettuce Leaves
 2 ounces or 57g Sea Beans or French-Cut Green Beans, Blanched
 2 large Shallots, finely chopped
 1 tablespoon or 3g Chopped Chives

Garnish:

Cajun Seasoning
 Coarse Salt

Method:

Prepare Emulsion: In small saucepan over medium heat, bring Chicken Stock, Cream, Crème Fraiche and Mustard to a simmer. Cook until mixture is reduced to ½ cup / 125ml. Whisk in Butter until melted. Remove mixture to blender; Blend 30 seconds to emulsify mixture. Season with Salt and Pepper; Strain.

Prepare Salad: Trim Tuna into long, thin loin shape. Rub with Cajun Seasoning. In a dry 10inch / 25.4cm skillet over high heat, sear Tuna until rare.

In medium bowl, combine Red Wine Vinegar with Olive Oil until well blended. Toss with Boston Lettuce Leaves, Beans, Shallots and Chives.

Presentation:

Slice Tuna into ½ inch / 1.25cm thick slices; Arrange on serving plate. Add Boston Lettuce Salad. Spoon some Dijon Mustard emulsion on each serving. Sprinkle Tuna with additional Cajun Seasoning and Coarse Salt.