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Sashimi Salad with Matsuhisa Dressing

Ingredients

4 ¼ ounces (120g) boneless skinless tuna fillet
sea salt
black pepper
a little grapeseed or olive oil
For the sliced salad:
2 cucumbers
4 baby daikon
½ endive (chicory)
½ red endive (treviso)
1 celery stalk
2 radishes
1 asparagus spear
1 small turnip
2 myoga ginger (ginger bud)
1 ¾ ounces (50g) lotus root
3 tablespoons plus 1 teaspoon Matsuhisa Dressing watercress
Servings
4
Person

Preparation

1. Sprinkle the tuna with salt and pepper and press these into the fillet
2. Briefly sear both sides of the tuna in a little oil
3. When the surface has just started to cook and appears marbled, plunge the fillet into iced water to cool, then pat with paper towel until completely dry
4. For the slices salad, shave the vegetables extremely thinly with a vegetable slicer and leave in iced water
5. When the vegetables are crisp, drain in a sieve
6. Mix the vegetables and make a heap in the center of a serving plate
7. Cut the tuna fillet into 7 slices about 1/8 inch (3mm) thick and roll each slice into a cylinder
8. Arrange the tuna rolls around the vegetables and pour the Matsuhisa Dressing on top
9. Garnish with watercress.

Cooks Note

Serves 4; When slicing the vegetables, cut them lengthways to show the vegetable's natural shape. For example, slice cucumber, celery and ginger along the fibers.