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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.