INDONESIA / WILL AND FRIENDS

TUNA TATAKI WITH GREEN PAPAYA SALAD

Seared sesame tuna tataki on a crisp green papaya salad, dressed with sesame oil, ginger, cumin and coriander seed. A clean, fresh dish from Sumba.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	25 min	5 min	30 min	Easy	Medium

INGREDIENTS

FOR THE TUNA

- 400 g yellowfin tuna loin, in one piece
- 3 tbsp soy sauce
- 1 tbsp pickled ginger, finely chopped
- 1 tbsp sesame oil
- 4 tbsp white and black sesame seeds

FOR THE DRESSING

- 3 tbsp sesame oil
- 1 tbsp ginger, finely grated
- 1 tsp cumin seeds, toasted and lightly crushed
- 1 tsp coriander seeds, toasted and lightly crushed
- Lime juice, to taste
- Salt, to taste

FOR THE GREEN PAPAYA SALAD

- 200 g green papaya, shredded
- 4 radishes, thinly sliced
- A handful of mint leaves
- A handful of coriander leaves
- 1 red chilli, sliced

TO SERVE

- Lime wedges

METHOD

MARINATE THE TUNA

1. Mix the soy sauce, pickled ginger and sesame oil. Turn the tuna in the marinade for 10 minutes.

COAT

2 Spread the sesame seeds on a plate and roll the tuna in them until fully coated.

SEAR

3 Heat a grill or a heavy pan until very hot. Sear the tuna for about 30 seconds on each side, until the seeds are golden and the middle is still raw. Rest for 2 minutes.

MAKE THE DRESSING

4 Whisk the sesame oil, ginger, cumin, coriander seeds, a squeeze of lime and a pinch of salt.

DRESS THE SALAD

5 Toss the papaya, radish, mint, coriander and chilli with about 3 tablespoons of dressing.

SERVE

6 Slice the tuna thickly, lay it over the salad, spoon over a little more dressing and serve with lime.

USEFUL SHORTCUTS FOR HOME COOKS

Buy tuna labelled sashimi grade and keep it cold until the moment you sear it.

Green papaya is sold in Asian grocers. Shredded carrot with a little cucumber or kohlrabi is a fair substitute.

The salad can be shredded and kept in iced water for 30 minutes to stay crisp. Dress it only at the last moment.

Will is back at Nihiwatu in Sumba with Executive Chef Ben McRae, who has just walked him through the resort garden. Everything in the salad comes from there: green papaya, radish, mint, coriander and chilli.The yellowfin tuna was caught the day before. Ben marinates it in soy sauce, pickled ginger and sesame oil, then coats the whole piece in sesame…