

Cruzcampo



**RESTAURANTE
VENTA MELCHOR**

Quinta Sinfonía del Atún Rojo de Almadraba
(Fifth symphony of red tuna from Almadraba)

Chef: Petri Benítez Sánchez

COCINA INNOVADORA 2011

INGREDIENTS

- 150 gr of Tarantelo or Ventresca (tuna)
- 3 or 4 leaves of sea lettuce
- Tomato and aubergine jam
- Agonori oil
- Seaweed spices
- Salt and pepper

TIPS AND ADVICE

The frying pan should not be at a very high temperature

**TIME /
DIFFICULTY/PRICE**

Around 1 hour / Medium

THIS IS HOW IT IS DONE

1. Wrap the tuna with the sea lettuce and inside it a few spoonfuls of the aubergine and tomato jam as a base. Do not use too much.
2. The tuna is grilled on all four sides for a short time, as it must remain red on the inside, so that its flavour can be appreciated more intensely.
3. To serve, fry other sea lettuce leaves to garnish and decorate the dish.
4. Once the tuna is on the plate, it is filleted in small slices and a little flower salt is added as it does not salt so much.
5. And add a little of the agonori oil around the edge of the tuna.