

**Cruzcampo**



COCINA INNOVADORA 2017

### **PARALELO 38**

Ventresca de Atún rojo,  
bombón de su Corazón y crema  
de Alcauciles de Conil  
(Red Tuna Belly, heart of tuna  
bonbon and Conil artichoke  
cream)

Chef: Inma Martín González

### **INGREDIENTS**

- Red Tuna belly: 600gr
- Tuna Bonbon: 100gr
- Tuna heart: 75gr
- Butter: 10 ml
- Fine wine
- Olive oil
- Pine nuts: 50 gr
- Almond, salt and pepper
- Artichoke cream: 260 gr
- Artichokes: 110 ml
- Cooking water: 110 ml
- Salt

### **THIS IS HOW IT IS DONE**

1. Put the seasoned heart in a vacuum bag together with the wine.
2. Cook at 65 degrees for 35 minutes. Remove from the bag and mash the butter.
3. Strain and add the pine nuts or almonds and fill the silicone molds. Finally leave to cool.
4. Clean the artichokes and cook them. Mash them and add the cooking water. Strain the cream and set aside.
5. Cut the red tuna belly and grill it.
6. Plating: Take a deep plate, put a layer of hot cream, place a bonbon in the center and then grilled red tuna belly on top.

### **TIME / DIFFICULTY**

1h 30 Min / Medium