

Cruzcampo



COCINA TRADICIONAL 2015

EL ANDALUZ RESTAURANT INN

Al Rojo vivo

Chef: Raquel Almazo Amaya

THIS IS HOW IT IS DONE

1. Sear the tuna on both sides for one minute over high heat.
2. Sauce: poach the leek. Add the nettles, cream, salt and pepper.
3. Cook until reduced, whip and pass through a strainer.
4. Peel and wash the vegetables and grill.

INGREDIENTS

- 600 grams of tuna
- 175 milliliters of cream
- Half leek
- 1 baby carrot
- 1 baby aubergine
- A pinch of white pepper
- 100 milliliters of fish broth
- 1 baby tomato
- 150 grams of nettles
- Salt