

**Grilled Rare Tuna,
with Jicama Salad, Avocado Lime Puree, Crispy Plantain,
and Peppadew Pepper Vinaigrette**

By Executive Chef Jimmy Reale
The Carolina Crossroads Restaurant

Serves 8

Jicama Salad

Ingredients

1½ c Jicama, peeled and fine julienne
¼ c Red Onion, thin sliced julienne
¼ c Pablano pepper, thin slice
¼ c Red pepper, thin slice
¼ c Cilantro, rough chop
Salt & pepper to taste

Method

- 1) Combine all ingredients in mixing bowl
- 2) Cover with plastic wrap and refrigerate

Avocado Puree

Ingredients

2ea Ripe avocado
1Tbsp Sour Cream
1/8 c Lime, fresh squeezed
Salt & pepper to taste

Method

- 1) Slice avocado in half around the seed
- 2) Twist avocado until it separates
- 3) Carefully use a knife to remove the seed by hitting it with the blade. Hold on to the seeds
- 4) Use a spoon to scoop the avocado flesh out in a mixing bowl
- 5) Add sour cream, lime juice and salt & pepper
- 6) Use the back of a fork and smash mixture until it turns into a puree
- 7) Add the seeds back into the mix (This will keep it from oxidizing as fast.
- 8) Cover with plastic wrap and refrigerate

Peppadew Vinaigrette

Ingredients

½ c Peppadew peppers
½ c Champagne vinegar
1T Dijon mustard
1c Blended oil
Salt & pepper to taste

Method

- 1) Add peppadew peppers, champagne vinegar, Dijon mustard and salt & pepper in the blender
- 2) Place top on blender and turn on
- 3) With blender running remove top and slowly drizzle oil into blender
- 4) Refrigerate vinaigrette

Garnish

Ingredients

1ea Green plantain
(important to use green plantains)
3c Vegetable oil

Method

- 1) Leave the skin on the plantain and cut in half length wise
- 2) Place the plantain flesh side down on a mandolin and cut very thin slices.
- 3) Repeat until all the plantain is sliced
- 4) Heat vegetable oil to 350 degrees
- 5) Drop a few slices of plantain in and fry until crispy about 3-4 minutes
- 6) Remove from pan and season with salt & pepper

Tuna

Ingredients

8ea 3oz portions
sushi grade tuna
2Tbsp Ground Coriander
Salt & pepper to taste

Method

- 1) Preheat grill on high
- 2) Rub tuna with coriander and salt & pepper
- 3) When grill is hot, place tuna pieces on hot grill
- 4) Cook about 1-2 minutes on each side depending on thickness. You want the tuna to just be seared on each side.
- 5) Slice on the bias and serve

Assembly

- 1) Layout eight medium size plates
- 2) Mix jicama salad with enough peppadew vinaigrette to coat vegetables and place in middle of each plate
- 3) Drizzle some vinaigrette around outside of plate
- 4) Add sliced Tuna on top of jicama salad
- 5) Place some avocado puree around each plate
- 6) Add plantain chip in between tuna slices



