

South Australian Broccolini® Baby Broccoli in Southern Bluefin Tuna Carpaccio Recipe

Entrées

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"Bluefin tuna, Maggie Beer products and Barossa Valley red wine are quintessentially South Australian. What better way to showcase Broccolini® with this selection than by sun-drying it for a new take."
- *Chef's tasting notes.*

Serves: 4.

Prep Time: 8 minutes plus 10-72 hours' drying time.

Cooking Time: 15 minutes.

Ingredients

- 2 bunches Broccolini® baby broccoli
- 40ml Barossa extra virgin olive oil
- 1/2 tsp wasabi powder
- 4 slices Southern Bluefin Tuna, cut 3mm thick x 7cm x 7cm
- 100g Maggie Beer quince paste, cut into small cubes
- 30ml Maggie Beer verjuice
- 30ml Barossa shiraz
- Salt to season

Cooking Instructions

- Blanch 4 whole stalks Broccolini® in boiling salted water for 1 minute. Drain and plunge into iced water to refresh. Drain.
- Cut florets from remaining fresh Broccolini® and use a vegetable peeler to shave the stems into strips.
- Lay strips and heads on a silicon paper-lined baking sheet, drizzle with 10ml olive oil and sprinkle with wasabi powder.
- Place tray in the sun, protected from the elements for 2 -3 days. Alternatively, bake at 60°C for up to 10 hours until Broccolini® is dry and very crisp. (You can also use a food dehydrator).
- Tightly wrap tuna around the blanched and refreshed Broccolini stalks and season with salt. Divide between plates and garnish with cubes of quince.
- Combine verjuice, shiraz and remaining 30ml olive oil in a jar and shake well. Drizzle over tuna and top with dried Broccolini® heads and stems.

