

Hamachi Crudo, Lemon, Fennel Salad & Golden Trout Roe
Colby Garrelts, Chef/Owner, bluestem

Serves: 2

Ingredients:

6 ounces of Sashimi Grade Hamachi or Tuna
1 whole Orange Segments
1 small red onion, sliced thin
1 Head of Fennel, sliced thin
3 tablespoons of high quality extra virgin olive oil
1 tablespoon lemon juice, freshly squeezed
1 tablespoon of mirin
1 teaspoon ginger oil

Method:

Soak the onion and fennel in iced water for five minutes or until curled. Shake excess water off and reserve in a stainless steel bowl. Segment the oranges and put in a ½ liter ISI container and charge for at least 30 minutes. On a cutting board with a very sharp knife slice the hamachi in 1/8 inch slices. In a separate bowl combine the olive oil, lemon juice, mirin and ginger oil. Next marinate the salad and fish with the dressing. Divide the fish slices between two plates. Release the gas in the ISI container and remove from the container. Garnish with the salad and oranges, finish with the trout roe. Serve immediately.