

# TUNA NICOISE

Autumn ALC menu 2024

Fish Main Course

Main plate

1 each	Tuna Loin <i>10ml veg oil</i>
20g	Cooked French Beans (Cut In Half)
4 wedges	Baby Gem Lettuce (1/2) H2
2 each	Cherry Tomatoes (Cut In Half)
3 each	Anchovies (Cut In Half)
4 each	Tarragon Leaves
5g	Pickled Shallots DK
60g	Confit potatoes quartered- DK
10ml	Côte dressing DK <i>pinch of salt &amp; pepper</i>
20g	Lemon & herb aioli DK
1 each	Boiled Egg (Cut In Half) <i>pinch of Maldon salt</i>
15g	Tapenade DK
1 pinch	Chopped Chives

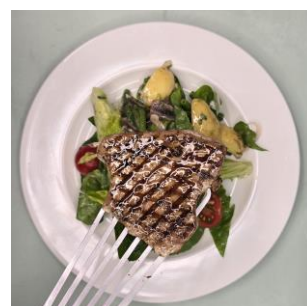


## PREP JOBS

1. Defrost Tuna
2. Wash Baby gem
3. Half cherry tomatoes
4. Half anchovies lengthways
5. Pick tarragon
6. Prep potatoes
7. Boil eggs for 7 mins in boiling water
8. Chop chives
9. Blanch green beans

## METHOD

1. Rub Tuna in oil then grill on griddle plate with Criss-cross bar marking - Do not overcook, it should only take 1 minute to cook it pink
2. Mix beans, lettuce, tomatoes, anchovies, tarragon, shallot, potatoes with Côte dressing
3. Spread the aioli on plate then place salad in the centre
4. Place the tuna and egg as shown in picture then finish with quenelle of tapenade
5. Garnish with chopped chives



## SAFETY STEPS

1. All vegetables must be prepared on a green chopping board and use a green knife.
2. Use a designated bowl for mixing ingredients due to allergen containing ingredients present.
3. When placing the tuna on the griddle use a blue tong.
4. When removing the cooked tuna from the griddle use the designated fish spatula.