

Mediterranean Tuna, Fennel, and Soy Sauce



Four servings:

- 200gr Red Tuna
- 2 Fennel bulbs
 - 50cl Olive Oil
- 4 slices of pink ginger
 - 20cl of soy sauce
- 4 dessert spoons of sugar
 - Pink peppercorn

La Vieille Ferme *Rosé*

This rosé is fresh and fruity, light and delicate.

Served with fresh Mediterranean Tuna fish, just marinated with fennel and olive oil.

Soy sauce and pink Ginger give this match a modern character.



1) Chop the bottom of the Fennel off and place the leaves in a saucepan and pour the olive oil over them. Bring to the boil and leave to simmer for 10 minutes. Turn off the heat, cover and leave to rest. Once cold, drain and keep the leaves in the fridge.

2) Mix the sugar, soy sauce and a bit of olive oil to make a sauce.

3) Chop the Ginger in fine slices.

4) Crush a few pink peppercorns.

5) Slice the tuna into cubes and marinate them in the sweet soy sauce and olive oil for maximum 30 minutes.

6) To serve, alternate with a piece of Tuna and a fennel leaf. You can do this in advance and keep in the fridge. Then pour some of the sauce over and a bit of pink ginger and finish with some pepper.

Serve at 8°C /10°C

FAMILLE PERRIN

