



## **This is how 'Tartar with red tuna, mango and avocado from Mogán', by Chef Davidoff Lugo, is made**

### ***FIRST STEPS***

#### **a) Ingredients (for four persons)**

*400 gr avocado (avocado from Mogán)  
400 gr red tuna (from the coast of Mogán)  
400 gr mango (from local orchards in Mogán)  
100 gr tender shoots  
1 Venezuelan sweet bell pepper  
50 ml sesame oil  
25 ml soya  
25 ml mirin (Japanese rice wine)  
25 ml yuzu juice (a Japanese citric fruit)  
4 leaves of shiso (a Japanese culinary herb)  
2 gr 7 Japanese spices  
25 mango vinegar  
05 gr lemon salt*

### ***COOKING METHOD***

#### ***Step 1***

In a bowl, mix the sesame oil, soya sauce, mirin sauce and the yuzu juice. Add the tuna cut into small chunks and let it marinate for 30 minutes.

#### ***Step 2***

Cut the mango and avocado into small chunks.  
Add some mango vinegar and the finely chopped bell pepper to the cut up mango.  
Then the Japanese spices and a little lime juice is added to the avocado.

## ***PRESENTATION***

Take a dish and form layers in the following order: Tuna, mango and avocado.

To decorate and round off the dish just add the shiso leaves and the tender shoots. Pour some tuna marinade on top, plus a little lemon salt and lime peel.