

# 5 Refreshing Raw Fish Dishes To Enjoy This Summer

By Taylor Tobin

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Photo by Tony Novak-Clifford

(By Mark Ellman, executive chef/owner, Honu Maui, Hawaii)

A style of tuna essential to the cuisine of Hawaii, ahi refers to either yellowfin tuna or bigeye tuna. Ahi tuna can certainly be served completely raw (and it's a popular fish choice for crudo, poke, and sushi), but Chef Mark Ellman makes his in-house "bruschetta" at Honu with ahi tuna tataki. He says the following of this Japanese technique popularly used in Hawaiian cooking: "Although not 100% raw, it is definitely mostly raw. The ahi is seared on the outside edges for just five seconds a side. This is known as 'tataki.' Japanese fishermen would filet the fish and then 'tataki' it to preserve it. It's like a natural Saran Wrap."

Ingredients:

1 12 oz block of sashimi-grade ahi tuna

.5 tsp sea salt

Toasted sesame oil, to taste

2 tomato slices, 1/4-inch thick and sliced in half (Ellman recommends using one red tomato and one yellow tomato)

2 slices dense, whole-grain bread, 1/4-inch thick and brushed with clarified butter

2 tbsp edamame puree\*

2 tbsp julienned basil

1 tbsp extra virgin olive oil

1 tbsp aged balsamic vinegar (Ellman recommends Villa Mondori)

1 tbsp micro greens

Salt and black pepper, to taste

Method:

Brush the ahi block with toasted sesame oil and roll in coarsely ground black pepper until it's coated on all sides.

Heat a non-stick skillet to medium-high and brush the pan with olive oil. When the pan is hot, add the ahi block and cook on each side for 5 seconds. Remove from pan and allow to cool.

Slice the cooled ahi block into 8 pieces (2 x 1 x 1/4 inches each). Sprinkle the pieces with sea salt.

Season the tomato slices with salt and pepper to taste.

Grill the bread and cut each slice in half.

Spread the edamame paste on each piece of bread, then add one half-slice of tomato and 2 pieces of ahi. Top with basil, micro greens, and a drizzle of olive oil and balsamic vinegar.

\*Edamame Puree:

Put 1 cup of defrosted frozen edamame, .5 cup extra virgin olive oil, .5 cup water, .25 cup rice vinegar, and 1 tbsp kosher salt in a food processor and puree until smooth (about 2 minutes)

Put the puree in the refrigerator to chill before assembling the bruschetta.