



# From the SEA!

## TIGER'S EYE

Tiger's Eye is the perfect entree for a light oriental dinner.

Servings 4 people

### TUNA & INGREDIENTS FOR TIGERS EYE ROLLS:

- 2 pounds - fresh yellowfin abi tuna fillet
- 1 teaspoon - flying fish eggs  
(found at an oriental market)
- 1 piece - gobo root (found at an oriental market)
- 2 slices - avocado
- 4 sheets - sushi seaweed (Nori)

### Preparing the Tigers Eye Rolls:

To prepare the tuna, use a very sharp knife to cut the tuna fillet into 8 thin strips about 2 inches wide by 7 inches long. Lay the Nori, shiny side up, on a flat dry surface. Arrange on the Nori 3 slices (2" by 7") of tuna on each piece overlapping the strips, to cover about half of the seaweed. Make the tuna layer thicker at the top. Lay 1 gobo root, 2 slices avocado and 1 teaspoon of flying fish eggs across the center of the tuna. Roll the seaweed and tuna with gobo and flying fish eggs very tightly. (Gobo root, avocado, flying fish eggs will be in the center of the finished roll). Moisten the remaining half of the seaweed to seal.

### MUSTARD SAUCE INGREDIENTS:

Make 2/3 cup of sauce

- 1/4 cup - soy sauce
- 1/4 cup - water
- 2 teaspoons - mustard powder or oriental mustard\*
- 2 teaspoons - heavy cream
- 1/2 teaspoon - garlic powder

Combine all of the ingredients in a small bowl . and mix well. Chill before serving.

\*Can be found in the international or Asian food section of your supermarket



David Edwards

### TEMPURA BATTER INGREDIENTS:

- 1-cup - all-purpose flour
- 1-cup - egg yolk
- 1 cup - iced water
- 2 quarts - soy bean oil for frying

### Preparing the Tempura Batter & Cooking of Tigers Eye:

Add the egg yolk to the iced water and mix well. Stir in the flour until just combined. The batter should not be smooth but a little lumpy.

Heat 3 inches of soybean oil in a wok until a drop of batter dropped into the oil sizzles and floats to the surface. Cut each tuna roll in half and dip into the batter, coating thoroughly. Carefully place the batter-dipped roll in the hot oil and fry until golden brown, about 30 seconds. Do not overcook; the fish should be raw.

### TO SERVE

Spoon the mustard sauce in the center of the plate. Slice each roll into 1" thick slices and arrange on the plate around the mustard Sauce. Accompany with Japanese steamed sticky rice.



Haru & Chiyaki

Recipe compliments of



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