



Seared Tuna Salpicon with Lo Mein Salad and Sesame Marinated Baby Bok Choy

Yield: 8 Entree Salad Portions

Lo Mein Salad

Ingredient	Amount
Lo mein noodles	2 lbs
Shitake mushrooms, sliced thin	1 C
Tri color mini peppers, sliced thin	1 C
Scallions, sliced thin	1 C
Cilantro leaves	1/2 C
Peanut sauce	1/2 C
Orange sesame ginger dressing	1/2 C
Low sodium soy sauce	1 TBSP
Lime juice	1 TBSP
Sesame seeds, toasted	1 TBSP

Bok Choy

Baby bok choy	24 Heads
Oyster sauce	1 C
Low sodium soy sauce	1/2 C
Lime juice	2 TBSP
Sesame seeds, toasted	1 TBSP
Sesame oil	1 TBSP

Tuna

Tuna, 6 oz portions	8 Ea
Snow pea shoots	1 C
Carrot, chiffonade	1 C
Haricot verts, blanched	1 C
10% oil	As needed
Peppercorn medley	To taste
Sea salt	To taste

Lo Mein Salad

1. Rinse and separate the lo mein noodles carefully not to break them.
2. Combine the shiitakes, peppers, scallions, and cilantro. Reserve.
3. Combine the peanut sauce, orange dressing, soy sauce, lime juice and sesame seeds. Mix well and adjust seasoning.
4. Combine the noodles, vegetables and dressing, toss to combine, and adjust seasoning. Reserve.

Bok Choy

1. Using a small cannoli tube, cut a 1/2" hole through the center of each piece of tuna. Reserve the tuna scrap for another dish like tuna tartar.
2. Combine the oyster sauce, soy sauce, lime juice, sesame seeds and sesame oil. Mix well and adjust seasoning.
3. Lay the baby bok choy in a single layer in a non-reactive shallow pan. Coat with the dressing no more than 1 hour before service. Cover and chill.

Tuna

1. Combine the butter, honey, cinnamon and salt in a mixing bowl fitted with a paddle attachment. Reserve and serve at room temperature.
2. Combine the pea shoots, carrots and haricot verts in 8 bundles.
3. Working with one piece of tuna at a time, slide the cannoli tube back into the hole. Carefully slide a bundle of vegetables into the cannoli tube leaving the ends to protrude. Remove the cannoli tube leaving the vegetables in the tuna.

To Serve

1. Season each piece of tuna with peppercorn medley and sea salt. Sear on all sides and let rest. Cut the tuna on a bias.
2. Arrange three pieces of marinated bok choy on the plate with a generous pile of lo mein salad. Place two tuna halves on the plate with the cut face towards the service side.