



## TUNA CARPACCIO

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Category: Fish

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### **Tuna Carpaccio**

Tuna carpaccio is a refined and elegant dish that showcases the natural flavors of fresh tuna, thinly sliced and drizzled with a simple yet flavorful dressing.

This dish, originating from Italy, is light, refreshing, and perfect as an appetizer or light main course. The delicate tuna, paired with tangy lemon, zesty olive oil, and the freshness of herbs, creates a perfect balance of flavors.

This dish is a great way to enjoy raw fish in a way that's both delicious and sophisticated, ideal for any seafood lover or those looking to impress their guests.

### **Ingredients**

For the Tuna Carpaccio:

1 pound sushi-grade tuna (preferably ahi tuna)

2 tablespoons extra-virgin olive oil

1 tablespoon fresh lemon juice

1 teaspoon lemon zest

1 teaspoon Dijon mustard

1 teaspoon capers, roughly chopped

1/4 cup fresh parsley, chopped

Salt and pepper, to taste

For the Garnish:

Fresh arugula or microgreens

Thinly sliced red onion (optional)

Thin slices of lemon (for garnish)

## **How to Make**

Step 1: Prepare the Tuna

Start by ensuring the tuna is fresh and sushi-grade. Place the tuna in the freezer for 20-30 minutes to firm it up, which will make it easier to slice thinly.

Once firm, remove the tuna from the freezer and slice it very thinly against the grain. You can use a sharp knife or a sashimi

knife for the cleanest cuts. The slices should be nearly paper-thin to achieve the desired texture for carpaccio.

### Step 2: Prepare the Dressing

In a small bowl, whisk together the extra-virgin olive oil, lemon juice, lemon zest, Dijon mustard, and chopped capers.

Season the dressing with salt and freshly ground black pepper to taste. Adjust the lemon and mustard levels if you prefer more tang or heat.

### Step 3: Assemble the Carpaccio

Arrange the thin slices of tuna on a large plate in a single layer. You can slightly overlap the slices for a more aesthetically pleasing presentation.

Drizzle the prepared dressing evenly over the tuna slices. Make sure the slices are lightly coated with the dressing, but do not overwhelm the delicate fish.

### Step 4: Garnish and Serve

Garnish the tuna carpaccio with fresh parsley, a few leaves of arugula or microgreens for a fresh, peppery bite, and optional thin slices of red onion for extra texture and flavor.

Add a few thin slices of lemon around the plate for decoration and a burst of citrus flavor.

Serve immediately, ideally chilled, for the best texture and taste.

### Chef's Note

**Freshness is Key:** The key to making a great tuna carpaccio is the quality of the tuna. Make sure to buy sushi-grade tuna from a reputable fishmonger, as this ensures the fish is safe for raw consumption.

**Optional Add-ins:** For added depth of flavor, you can sprinkle some toasted sesame seeds or a few drops of truffle oil on top of the carpaccio just before serving.

**Make Ahead:** If you're preparing this dish ahead of time, you can slice the tuna and prepare the dressing. However, assemble the carpaccio just before serving to maintain the freshness and delicate texture of the fish.

**For Extra Flavor:** You can experiment with additional garnishes such as a drizzle of soy sauce, a sprinkle of chili flakes, or a touch of olive tapenade for a Mediterranean twist.

### **Nutrition Information (per serving, serves 4)**

Calories: 160

Protein: 28g

Carbohydrates: 3g

Fat: 7g

Fiber: 1g

Sugar: 1g

Sodium: 350mg

Tuna carpaccio is an elegant, flavorful dish that brings out the best in fresh, high-quality tuna. Its simplicity is its strength, allowing the natural flavors of the fish to shine. This dish is perfect for a light and refreshing appetizer at a dinner party or a gourmet start to a meal. Its versatility also allows you to add your own creative touches, from various garnishes to different sauces. Whether you're a seasoned seafood lover or new to raw fish, tuna carpaccio is sure to be a hit!