

## Bonito with Basque Vinaigrette

Recipe Submitted By [Le Basque](#)



Marinated Bonito, Confited Heirloom Tomatoes, Spring Onion Basque Vinaigrette and Tomato Yogurt is a modern take on a typical summer salad from the Basque Country and parts of North Atlantic Coastal Spain.

### INGREDIENTS

#### Yogurt of Tomato

2 red vine-ripened tomatoes, peeled and seeded

4 oz Greek yogurt

1 ½ teaspoons sugar

½ teaspoon salt

extra virgin olive oil

1 egg white

#### Bonito and Marinade

2 oz extra light olive oil

1 tablespoon salt

1 oz guindilla pepper juice

1 radish, thinly sliced

2 5 oz pieces Bonito or Yellow Fin Tuna

#### Vinaigrette and Tomatoes

4 oz green pepper brunoise

1 oz white distilled vinegar

3 oz Olive Oil

2 oz spanish onion, chopped

pinch granulated sugar\*

pinch of salt

2 green onions, chopped

## DIRECTIONS

For Yogurt of Tomato: In a quart container place one tomato and yogurt and with a hand blender whip ingredients. Once well blended add remaining ingredients. With the hand blender slowly emulsify the ingredients together. Once at airy consistency, cover and refrigerate until use (can hold up to 2-3 days). Save the other tomato and cut in 6 wedges for plating.

For Bonito in Marinade: In a medium bowl, add all ingredients except bonito. Once mixed add bonito to marinade. After 10-15 minutes remove bonito from marinade. In a small cast iron skillet, sear bonito for 30-45 seconds on each side and remove. Cool and reserve.

For Vinaigrette and Tomatoes: In a small bowl add ingredients (except green onion), and seasoning, whisk together. Add tomatoes and vinaigrette in a bowl. Toss the tomatoes and set aside.

To plate: On a white dinner plate, place 3 wedges of marinated tomatoes. Next cut bonito in half and place 2 pieces and garnish with vinaigrette, scallions and sliced radishes.

