



Glazed Tuna Appetizers

1 For the dip: Chop the fresh coriander, parsley and spring onions and mix it with the Greek yoghurt - or simply blend everything together in a food processor. Salt to taste. Keep refrigerated until served.

2 Cut the tuna in little cubes, about 3cm in length, and put them on wooden skewers.

3 Put tamarind paste into a pot and bring to the boil, then add the sugar. Stir well until fully resolved, add the chili powder and the salt. Cook over low heat for another 15 minutes or so. Then remove from the stove and let chill. I wouldn't allow it to fully cool down, otherwise you'll have a hard time getting the gooey mix on the tuna - I know what I'm talking about - now I do...

4 Meanwhile briefly roast the seeds (they should not get burned), crush in a mortar and add to the tamarind paste. Also add the oil.

5 Coat the tuna pieces thoroughly with the tamarind paste and cook either under very hot grill for about a minute, turn over for another minute - or sear alternatively in a hot non stick pan until the outside is nicely caramelized while the inside is still uncooked and pink.



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Recipe source: The Cinnamon Club Cookbook, Iqbal Wahhab & Vivek Singh (p.37), adapted

Required time: less than 30 min.

Ingredients:

* 200 g sushi- quality tuna (serves about 4, appetizers)

Ingredients for the tamarind mixture:

* 150g tamarind paste
* 100g sugar
* 1/4 tsp chili powder
* 1 tsp salt
* 1 tbsp vegetable oil
* 1 tsp coriander seeds
* 1 tsp cumin seeds
* 1 tsp sesame for decoration

Ingredients for the yoghurt dip (our own creation):

* 100g greek yoghurt
* fresh coriander, chopped
* parsley, chopped
* 2-3 cm spring onions, chopped
* salt to taste