

## FISH AND MISO TARTARE PASTE



Serves: 4 Cooking time: 40 minutes

### INGREDIENTS:

#### Open Gyoza

1 Double Merino Pastry Wonton Skin Shanghai 40pk (you can get at Woolworths)  
Olive oil(any type of oil) to shallow fry

#### Japanese guacamole

2-3 avocados  
1 lime or lemon  
1 table spoon of Wasabi or Yuzu Kosho\*

\*Yuzu kosho is a Japanese condiment made from fresh chilies (usually green) combined with the rind and juice of the fragrantly tart yuzu, a citrus fruit that's mainly grown in Japan

#### Fish Tar tare

Sashimi grade fish (tuna, salmon, mackerel, king fish etc) (200-300g)  
3 table spoons of Sliced shallots  
2 table spoons of finely grated ginger  
3 table spoons of sesame oil  
1 table spoons of soy sauce or (hontsuyu/konbutsuyu)  
1 table spoons of sesame  
2 table spoons of fried onion  
2 table spoons of miso-fermented soybean paste  
2 table spoons of sliced herbs(basil, fennel ,dill or shiso-green perilla) Optional



本つゆ(Hon tsuyu)



昆布つゆ(Konbu tsuyu)



ゆず胡椒(Yuzu Kosho)

Hontsuyu and Konbu tsuyu are concentrated seasoning of dashi,sake,mirin and soy sauce

**INSTRUCTIONS (how to cook)**

1. Making crispy open gyoza. Pour enough olive oil into a fry pan to shallow fry and heat on medium. Place the pastry into the oil (it should bubble and cook until golden brown each side.)  
\* The pastry is very thin and easy to burn. Be careful.
2. Make Japanese guacamole. Mix smashed avocado, 2 table spoons of lemon juice and 1 teaspoons of wasabi or yuzu kosho together.
3. Chop shallots, herbs super-finely. Grate a block of ginger.
4. Cut fish into small cubes or Cut sliced fish into fine strips.
5. Add all chopped vegetables ,then put miso paste and sesame oil.
6. Let's start to chop!



7. Repeat mixing and chopping.



8. Sprinkle some fried onion and sesame.



9. Assemble Japanese guacamole and fish tartare onto each crispy open gyoza and enjoy it!



Double Merino Pastry Wonton Skin Shanghai 40pk

***ITADAKIMASU !!! (THANK YOU FOR THE MEAL and LET'S EAT!!)***

***Notes***