

YELLOWFIN TUNA BURGER | AVOCADO | WASABI MAYO

Yellowfin Tuna, recognized for its mild, somewhat meaty flavor, provides a perfect canvas for a variety of culinary expressions, making it an exceptional choice for homemade gourmet burgers. When carefully prepared and seasoned, Yellowfin Tuna burgers captivate with their slightly sweet, unmistakably oceanic essence, paired wonderfully with a hint of spice, zest, and creamy textures.

The Avocado Wasabi Mayo introduces a creamy, rich element with an undercurrent of sharp, spicy wasabi that doesn't overshadow but rather complements the tuna's inherent flavors. This combination, alongside the crunchy lettuce and ripe tomatoes, all nestled within a soft, buttery brioche bun, makes for a culinary experience that is as nuanced as it is satisfying.

Ingredients

For the Tuna Burgers:

- 1 lb Yellowfin Tuna (Ahi), finely chopped
- 2 tablespoons fresh chives, chopped
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon fresh ginger, grated
- 1 garlic clove, minced
- Salt and pepper, to taste
- 4 brioche burger buns

For the Avocado Wasabi Mayo:

- 1 ripe avocado
- 2 tablespoons mayonnaise
- 1 teaspoon wasabi paste (adjust more for intense heat)
- 1 tablespoon lime juice
- Salt, to taste

Toppings:

- Lettuce leaves
- Tomato slices

Preparation Steps

1. **Prepare the Tuna Burger Mix:** In a bowl, combine the finely chopped Yellowfin Tuna with chives, soy sauce, sesame oil, grated ginger, and minced garlic. Mix well to ensure that all the flavors are melded together. Season with salt and pepper according to your taste. Shape the mixture into 4 even patties. Cover and refrigerate for about 20 minutes to firm up.

2. **Preheat the Grill:** Preheat an outdoor grill or a grill pan on the stove over medium-high heat. Oil the grill surface lightly to prevent sticking.
3. **Avocado Wasabi Mayo:** In a small bowl, mash the ripe avocado until smooth. Mix in mayonnaise, wasabi paste, and lime juice. Season with salt to taste. The mayo should be creamy with a hint of wasabi's characteristic kick. Adjust the wasabi according to your preferences.
4. **Grill the Tuna Burgers:** Brush the tuna patties lightly with oil. Place them on the hot grill and cook for about 2-3 minutes on each side for medium-rare or adjust the cooking time to achieve your desired level of doneness. Remember, like a fine steak, Yellowfin Tuna shines when not overcooked.
5. **Toast the Buns:** While the burgers are grilling, toast the brioche buns on the grill until they are lightly golden.
6. **Assemble the Burgers:** Spread a generous amount of Avocado Wasabi Mayo on the bottom halves of the toasted brioche buns. Place a tuna burger on each bottom bun, followed by lettuce and tomato slices. Top with the remaining bun halves.
7. **Serve:** Serve the Yellowfin Tuna Burgers immediately while hot and juicy with a side of your choice, like sweet potato fries or a fresh salad, to complement the rich flavors of the burger.

The combination of the subtly sweet and rich Yellowfin Tuna with the creamy, spicy kick of Avocado Wasabi Mayo enveloped in a soft brioche bun delivers a harmonious blend of flavors and textures that promise to elevate your burger experience. This dish not only showcases the versatility of Yellowfin Tuna but also offers a refreshing departure from traditional burger fare, perfect for a gourmet lunch or dinner that's as satisfying as it is sophisticated.