



Garden Hearts® Sushi Style

Yield: 8 Servings

INGREDIENTS

- 4** ***Garden Hearts® Petite Romaine Hearts***
- 8 ounces ahi tuna
- 8 ounces hamachi (yellowfin tuna)
- 8 ounces beef tenderloin
- wasabi
- salt and pepper
- 3 sheets nori
- 3 large spinach-flavored wraps (or thin tortillas)
- 3 large tomato-flavored wraps (or thin tortillas)
- 2 cups shitake mushrooms, sliced, crispy fried and seasoned with sea salt

CENTRAL AMERICAN HERB RUB

- 1/2 teaspoon chipotle peppers, chopped
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/8 cup parsley, chopped
- 1 bunch oregano, chopped
- 1/2 bunch thyme, chopped

SALAD DRESSING

- 1/2 cup buttermilk
- 3/4 cup sour cream
- 2 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- 1/2 cup chives, chopped

METHOD

1. Cut one inch from the base of the Garden Hearts® and separate into individual leaves. Rinse under cold, running water. Pat gently dry with paper towels, wrap in clean cloth or paper towel, and refrigerate for 30 minutes. Finely julienne the lettuce.
2. Cut ahi, hamachi and beef tenderloin into half-inch strips. Rub fish with wasabi, salt and pepper and beef tenderloin with herb rub. Pan sear each in a very hot, lightly oiled sauté pan until rare.
3. Combine dressing ingredients, toss with washed, Garden Hearts® and arrange on nori sheets and warm wraps.
4. Place hamachi on nori, ahi on spinach wraps, and beef on tomato wraps. Roll tightly, taking care not to tear nori or wraps.
5. Slice rolls into one-inch pieces and present sushi-style. Garnish with shitake mushroom chips.



**Recipe by: Beat Giger, CEC, AAC, Corporate Chef
Pebble Beach Resorts; Pebble Beach, CA**

Chef's Comment: *"Fusion cuisine at its best – Garden Hearts® with European, Asian and Central American flair!"*



**For purchasing Information, call 831-424-4864.
For more information on our company and products, visit
www.boggiattoproduce.com.**