

Savory Tuiles (Cornets) with Tuna Tartare

<http://userealbutter.com/2009/01/29/tuna-tartare-cornets-recipe/>

from The French Laundry Cookbook by Thomas Keller

1/4 cup plus 3 tbsps all purpose flour
1 tbsp plus 1 tsp sugar
1 tsp kosher salt (OR 2/3 tsp table salt)
8 tbsps (4 oz.) unsalted butter, softened but still cool to the touch
2 large egg whites, cold
2 tbsp black sesame seeds (I used regular sesame seeds)
2 cups tuna tartare
avocado for garnish

tuna tartare

1/2 lb. fresh sashimi grade tuna
3 tbsps green onions, minced
1/2 tsp salt (I used smoked Mexican black sea salt)
3 tbsps flavorless vegetable oil
lime juice, to taste

To make the cornets:

In a medium bowl, mix together the flour, sugar and salt. In a separate bowl, whisk the softened butter until it is completely smooth and mayonnaise-like in texture. Using a stiff spatula or spoon, beat the egg whites into the dry ingredients until completely incorporated and smooth. Whisk in the softened butter by thirds, scraping the sides of the bowl as necessary and whisking until the batter is creamy and without any lumps. Transfer the batter to a smaller container, as it will be easier to work with. Preheat the oven to 400°F.

Make a 4-inch hollow circular stencil. Place Silpat on the counter (it is easier to work on the Silpat before it is put on the sheet pan). Place the stencil in one corner of the sheet and, holding the stencil flat against the Silpat, scoop some of the batter onto the back of an offset spatula and spread it in an even layer over the stencil. Then run the spatula over the entire stencil to remove any excess batter. After baking the first batch of cornets, you will be able to judge the correct thickness. You may need a little more or less batter to adjust the thickness of the cornets. There should not be any holes in the batter. Lift the stencil and repeat the process to make as many rounds as you have molds or to fill the Silpat, leaving about 1 1/2 inches between the cornets. Sprinkle each cornet with a pinch of sesame seeds.

Place the Silpat on a heavy baking sheet and bake for 4 to 6 minutes, or until the batter is set and you see it rippling from the heat. The cornets may have browned in some areas, but they will not be evenly browned at this point. Open the oven door and place the baking sheet on the door. This will help keep the cornets warm as you roll them and prevent them from becoming too stiff to roll. Flip a cornet over on the sheet pan, sesame seed side down and place 4-1/2 inch cornet mold at the bottom of the round. If

you are right-handed, you will want the pointed end on your left and the open end on your right. The tip of the mold should touch the lower left edge (at about 7 o'clock on a clock face) of the cornet. Fold the bottom of the cornet and around the mold; it should remain on the sheet pan as you roll. Leave the cornet wrapped around the mold and continue to roll the cornets around molds; as you proceed, arrange the rolled cornets, seams side down, on the sheet pan so they lean against each other, to prevent from rolling. When all the cornets are rolled, return them to the oven shelf, close the door, and bake for an additional 3 to 4 minutes to set the seams and color the cornets a golden brown. If the color is uneven, stand the cornets on end for a minute or so more, until the color is even. Remove the cornets from the oven and allow to cool just slightly, 30 seconds or so. Gently remove the cornets from the molds and cool for several minutes on paper towels. Remove the Silpat from the baking sheet, wipe the excess butter from it, and allow it to cool down before spreading the next batch. Store the cornets for up to 2 days (for maximum flavor) in an airtight container.

To make the tuna tartare:

If you are so inclined, remove the silver membrane from between the sections of tuna. Cut the tuna into a coarse chop and place in a bowl. Mix in the oil and green onions. Add the salt and lime juice to taste.

Assembly:

Fill each cornet with tuna tartare and top with diced avocado.