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Fish Tartare





Fish Tartare

Tartare is a delicious dish with a rich history and numerous preparation variations.

Tartare is raw meat or fish, finely chopped or minced, with various ingredients and seasonings. Depending on regional specifics, traditional tartare can contain beef, veal, fish, or vegetables.

The main idea when preparing tartare is to preserve the taste and flavor of the raw ingredients, adding various components that do not overpower their natural taste, but rather emphasize it.





Recipes and Serving

Tartare recipes vary depending on the region, available ingredients, and desired quality of the dish. Raw tartare is prepared from meat fillet, fish, seafood, game, or vegetables.

The tartare preparation process is simple and straightforward. It is important that the raw ingredients are well chopped or minced to avoid any unpleasant textures. The raw ingredients are seasoned with various spices, sauces, and toppings.

It can be served in many ways. It can be served as an appetizer, main course, or even as a snack. Sometimes it is served molded, but it can also be served in a more rustic or free-form manner.

Tartare is an elegant and delicate dish that is perfect for light meals or romantic dinners.





History of Tartare

Nowadays, it is known as "Tartar-Tartarine" and has French roots.

It was created at the end of the 19th century and quickly gained popularity in the culinary world.

Tartare also has roots in American culinary history. In the early 20th century, the USA began preparing it from seafood and called it "tartare steak".

Later the recipe was modified, and various spices and sauces began to be added to tartare.

Today, tartare has become popular worldwide, and this dish has many variations.

The main principle of tartare is to use only fresh and high-quality ingredients, as well as finely chopped raw meat.





The name of Tartare

"Tartars are a Turkic people group in Eastern Europe and North Asia who have the word "Tatar" in their name.

This confederation was eventually incorporated into the Mongol Empire, as Genghis Khan united various steppe tribes.

The historical term "Tatar" referred to various nomadic peoples of North and Central Asia, which were then known as

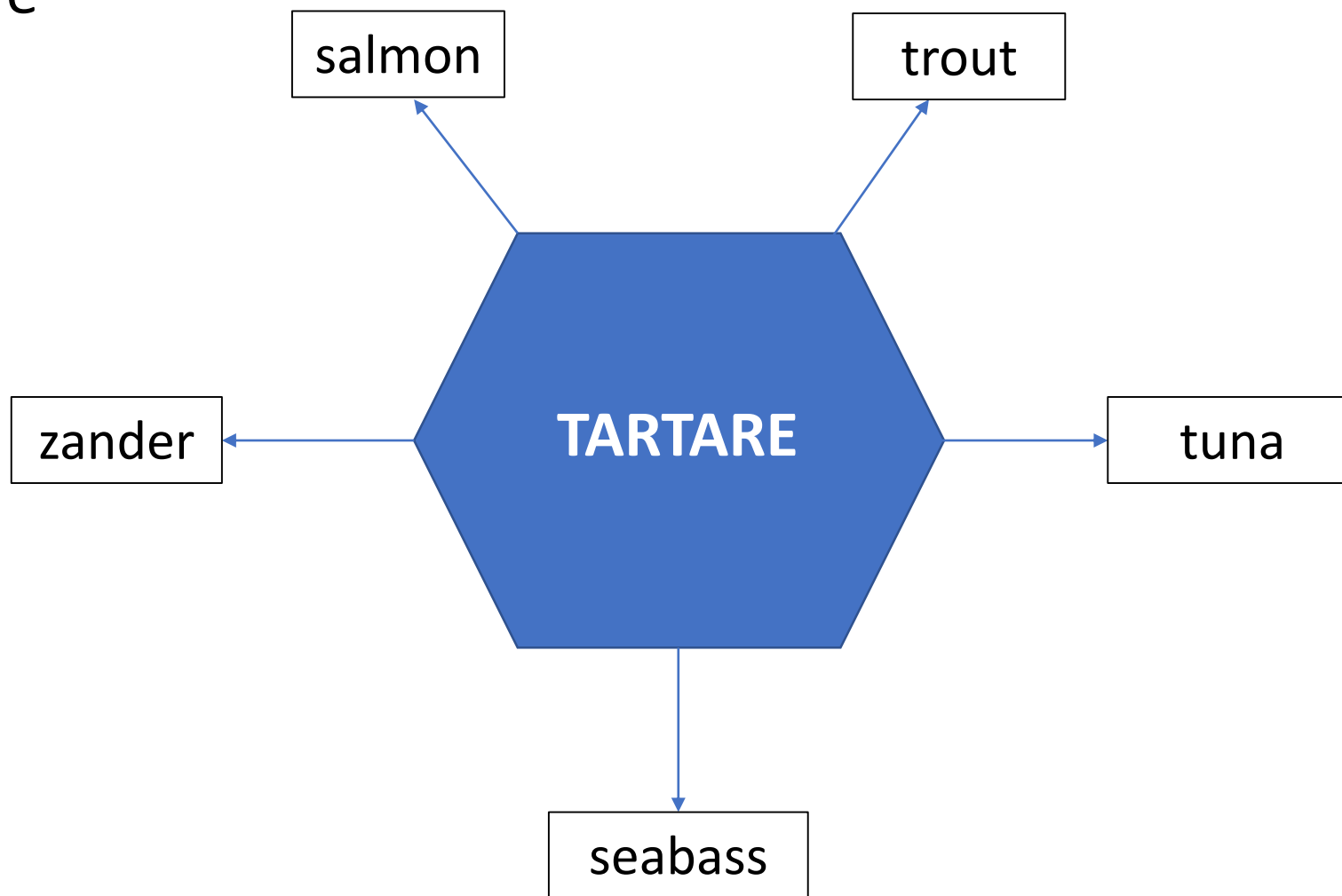
Tartary, and this term was also associated with the Mongol Empire.

Tartarus - Greek mythology - a place, an abyss in the cosmos beneath the underworld, as far below Hades as the earth is from the heavens.





Various fish used in tartare preparation





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Fish Tartare



salmon



sea trout



trout



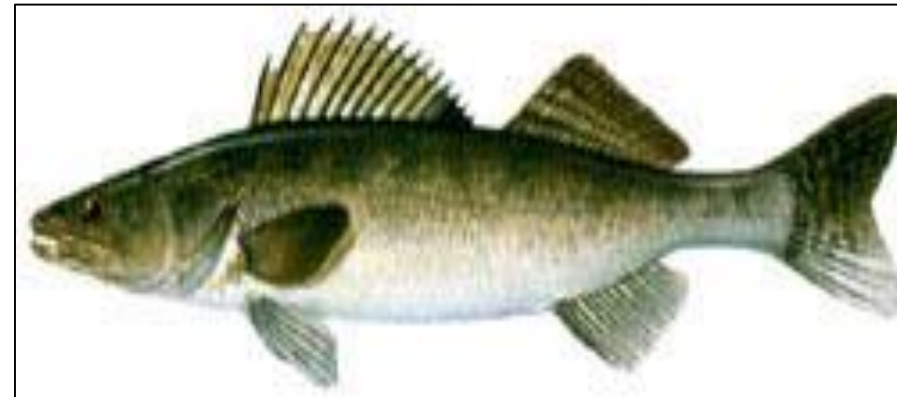


Fish Tartare

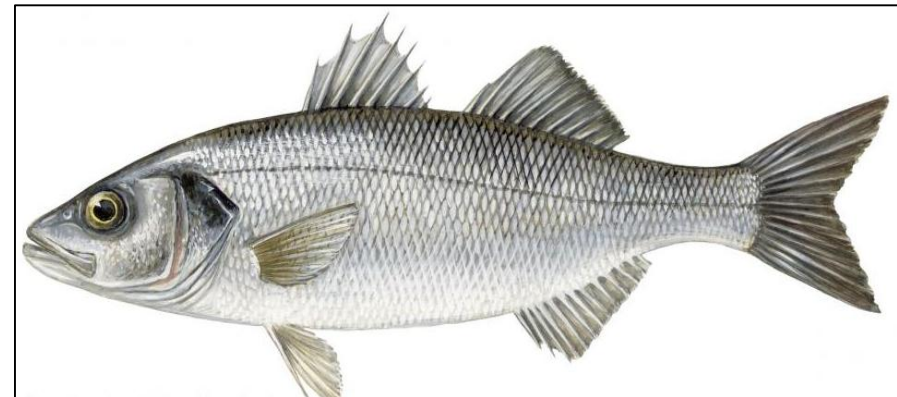
Tartare can be made from zander and seabass, but the fish must first be marinated in lemon juice, olive oil, and greens.



zander



seabass





Fish Tartare

Raw fish is healthy and also delicious. It contains valuable Omega-3 fatty acids.

Raw fish, finely chopped and lightly seasoned, is called tartare.

What it's seasoned with - that's up to the diners' taste.





Fish Tartare

Do not prepare tartare yourself if you are not sure about the freshness and taste of the product.

The main prerequisites for good tartare are:

- absolute freshness
- 100% verification by the food inspector.

It is easy and quick to prepare salmon tartare; it does not take much time and will not spoil your mood.

The classic variation is finely chopped raw fish with finely chopped shallots (red with green tips), capers, mustard, and salt and pepper to taste. Worcestershire and Tabasco sauce.

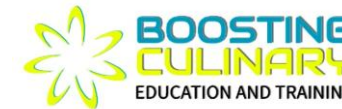
You can also use olives, parsley, and chili. The unchanging component is the finely chopped egg yolk. Serve with fresh rye bread.





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Salmon Tartare

Ingredients for 3 servings:

250 g Salmon fillet
Capers
2 red onions
Lemon juice
Balsamico
Salt
Pepper



Preparation time: 20 mins



1. Cut salmon into tiny pieces



2. Cut onions



3. Cut capers





5. Mix everything in a bowl, add lemon juice, balsamico, pepper and salt



6. Mix everything thoroughly



7. Put into a form, press



8. Serve with toasted bread





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Tartare serving ideas





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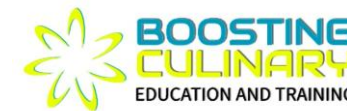
Ways of cutting and serving salmon tartare





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How to choose a plate by color





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How to choose a plate by color





Ingredients:

250 g salmon fillet	1 quail egg yolk
1 pickled cucumber	1 tablespoon olive oil
half a red onion	ground black pepper
half a shallot	sea salt
4-5 capers	lemon
	toasted bread slice



Preparation:

- Remove the skin from the salmon fillet, and finely chop the fish into small cubes with a sharp knife.
- Add salt, pepper, olive oil, and mix.
- Finely chop the red onion, shallot, cucumber, and capers.
- Arrange the salmon tartare on a plate – first lay out the chopped cucumber, then layer the chopped salmon on top.
- Create a hollow on top to place the quail egg yolk.
- Arrange piles of chopped red and shallot onions, and capers around.
- Serve with a lemon wedge so the diner can squeeze the juice onto the tartare themselves.
- If lemon juice is left in contact with the salmon mixture for too long, the taste and color of the fish will change.





Tartare with toasted bread

Ingredients:

350 g salmon
50 g shallots
15 g dill
15 g fresh coriander
40 g olive oil
a pinch of salt
a pinch of black pepper
250 g avocado
150 g cucumber
25 g lemon juice
15 g lime juice
100 g fennel
a little sugar

For Serving:

25 g cress sprouts
45 g lime
20 g almond flakes
15 g lemon oil
100 g toasted bread





Tartare with toasted bread

Ingredients:

- 200 g highest quality fresh salmon fillet
- 1 Chicken or quail egg
- 3 Red onions
- A Tablespoon of small capers
- Pepper
- Salt
- 2 Dried tomatoes
- 2 Slices of toasted bread
- 2 Teaspoons of Worcestershire sauce
- Tabasco sauce
- Teaspoon of olive oil





Salmon tartare

Ingredients:

300 g salmon
1 slice lightly smoked salmon
1 onion
1 small jar of capers
dried parsley
anise seeds
pink pepper
salt
olive oil
lemon

Preparation:

Finely chop both fresh and smoked salmon.
Mince the capers, add finely chopped onions.
Grind pink pepper, anise seeds, dried parsley, add 1 teaspoon of olive oil and mix into the salmon mixture.
Serve with toasted bread and a lemon wedge.





Salmon tartare with avocado and quail eggs

Ingredients:

For 2 servings

Salmon fillet (skinless and boneless) 180 g

Shallot 30 g

Salt 1 pinch

Pepper 1 pinch

Olive oil 1 tablespoon

Greek yogurt (0%) 60 g

Avocado 250 g

Lime juice 6 ml

Salt 1 pinch

Chili 0.5 tsp

Quail eggs 4 pcs.

Crispbread Finn Crisp 40 g

Preparation:

Chop the salmon with olive oil, salt, pepper.

Mix the chopped shallots with the salmon.

Peel the avocado and cut into small cubes, adding lime juice and salt and chili.

Boil quail eggs for exactly 2 minutes and 30 seconds in already boiling water. Cool and peel.

Cut the quail eggs in half.

Arrange in portions.

Place yogurt, salmon tartare, avocado, quail egg halves, and crispbread.





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Thank you for attention!

