

# Poisson Cru



## Ingredients

1kg (2.2lb) sushi-grade ahi tuna

3 fresh coconuts (or 710ml/24oz unsweetened coconut milk from a carton, not a can)

3 bell peppers of assorted colours (green, yellow and orange), seeded and diced into 2cm (¾in) pieces

3 medium-sized tomatoes, seeded and diced into 2cm (¾in) pieces

1 long cucumber, peeled and diced into 2cm (¾in) pieces

3-4 limes

50g (3-4 tbsp) shredded carrots

50g (3-4 tbsp) chopped green onions

50g (3-4 tbsp) chopped coriander

## Method

Cut the raw ahi tuna into 2cm ( $\frac{3}{4}$ in) cubes and marinate them in sea water for about an hour in the fridge. To simulate sea water, dissolve 35g (about 2 tbsp) of sea salt per litre of tap water.

Husk the fresh coconuts, open them, then shred the meat into a bowl. Drain the tuna, then combine it in a big serving bowl with the bell peppers, tomatoes and cucumbers.

Gather the coconut shreds into a cheesecloth and squeeze all the milk into the serving bowl. This should yield about 710ml/24oz of coconut milk. Alternatively, you can source unsweetened, store-bought coconut milk.

Cut and squeeze the limes for their juice into the bowl. Toss the carrots, green onions and chopped coriander into the serving bowl. Mix everything and serve

This is a raw fish dish with no heat in it