

# The Sailing Chef

## Ingredients:

- 300gr of Fish meat (Tuna or white fish)
- 1 tomato or 1 carrot grated
- 1 yellow onion
- 2 spring onion
- 3 garlic cloves
- 1 cucumber
- 1 fresh coconut (or 20 cl of coconut milk)
- 4 lemon or lime juice

## Preparation:

1: Cut the piece of white tuna into cubes, then marinate them in very salty water and put them in the refrigerator.

2: Meanwhile, cut the tomatoes and cucumber into cubes.

3: Chop the garlic and onion. Chop the green part of the green onion.

4: Squeeze the 4 lemons, removing the seeds.

5: Squeeze the finely grated coconut pulp into a white cloth (clean), this should make coconut milk.

## COCONUT RAW FISH

6: Drain the tuna and put it in a bowl, add the lemon juice and mix. The tuna will start to turn white, keep mixing for about 1 minute minimum (after that, it depends on how you like your fish).

7: Rinse the fish with water to remove some of the lemon juice (so that the fish is not overcooked by the juice). Drain.

8: Put the fish in a bowl, add the tomato and cucumber cubes, the garlic and onion and finally the coconut milk.

9: Mix everything together and taste a piece of fish, then season to taste. Decorate with the green onion sprinkled on top. That's it.

10: This dish is very good with hot rice, sweet potatoes or uru (bread fruit trees).

Tama'a maitai (Bon Appetit in Tahitian)

