

Kiribati

Raw Tuna

This simple dish showcases the flavours of two of Kiribati's most easily accessible foods, tuna and fresh coconut milk, in a country where food resources can be limited.

The i-Kiribati are traditionally a fishing people and fish remains a staple in local cooking. Local vendors prepare a variety of fish dishes, including *raw tuna*, and set up on the grounds of the hospital where Yolanda was volunteering. While not all visitors to Kiribati are willing to try the dish, Yolanda couldn't resist this tasty, local treat.

Ingredients

For the tuna

250g tuna steak

4 lemons, juiced

4 tbsp soy sauce

Chillies to taste

Extra chillies and lemon as garnish (optional)

For the sauce (optional)

½ cup coconut milk or quantity made from one medium sized coconut

1 tbsp curry powder

Salt to taste

Chillies to taste (optional)

Method

For the tuna

Thinly slice tuna steak and marinate in lemon juice for 10 minutes.


Add soy sauce and chilli and rest for one hour.

Serve with chillies and lemon as garnish.

For the sauce

Mix coconut milk, curry powder, salt and chillies.

Serve in jug and enjoy as desired.



People fishing in shallow water in Kiribati.
Photo: Darren James, 2018.