

Beef thai tartare, arugula lemon vinegar

Recette pour 4 personnes

Description Boston AAA beef cut with a knife and seasoned with lemongrass, red curry and toasted sesame oil. Served with a small salad of arugula seasoned with a lemon vinaigrette vinegar.

L'idée déco Boston cut is ideal for a tartare: inexpensive, very tasty and very tender when served raw or very lightly cooked. Tell your butcher that you intend to make a tartare and he will suggest you a very fresh piece.

Ingrédients

For the tartare

- 480 Gr Boston cut beef
 - 0.50 Unit(s) Lemongrass
 - 30 Ml Japanese pickled ginger
 - 2 Unit(s) Shallot
 - 8 Sprig(s) Fresh cilantro
 - 1 Unit(s) Green onion
 - 1 Tbsp Red cari paste
 - 1 Unit(s) Lime
 - 1 Tsp Roasted sesame oil
 - 30 Ml Olive oil
 - 15 Ml Fish sauce Nuoc-mâm
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- Olive oil
 - Salt and pepper

For the arugula salad

- 4 Handful(s) Arugula salad
 - 15 Ml Lemon vinegar
 - 5 Ml Dijon mustard
 - 30 Ml Olive oil
 - 50 Gr Parmigiano reggiano
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- Olive oil
 - Salt and pepper

For the croutons

- 0.50 Unit(s) Baguette
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- Olive oil
 - Salt and pepper

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 400 F°

General preparation

Finely chop the lemongrass and mix with mortar. Chop the French shallot, green onions and cilantro. Chop the pickled ginger. Squeeze the lime juice. Cut the beef into very small cubes knife.

Preparation for the croutons

Slice the baguette at an angle to get your croutons. Place them on a baking sheet and drizzle with olive oil. Season with salt and pepper. Bake for about 7 minutes until crisp.

Preparation for the tartare

In a large bowl, combine beef, green onion, French shallots, pickled ginger, cilantro and a drizzle of olive oil to bind the whole. Mix well. In a bowl mix the curry paste, lime juice, fish sauce, lemon and roasted sesame oil. Season tartare to taste.

Preparation for the salad

Mix vinegar with lemon Dijon mustard with a small whisk. Then mix the olive oil little. Salt and pepper. Season the vinaigrette rocket at the last moment.

To serve

Arrange the rocket and then use a cookie cutter to submit your beautifully beef tartare. Accompany your tartare baguette croutons.

Bon appétit!