

Mild spices beef tataki salad, Parmigiano Reggiano and gremolata sauce

Recette pour 24

Description

Watercress salad served with thin slices of beef flavored with cinnamon, paprika, coriander and cumin, seared very quickly on all four sides and accompanied by a sauce made with parsley and mint, lemon zest and Parmesan.

L'idée déco

The tataki is a Japanese cooking technique that can be applied to tuna, beef or other red meat and that consists of searing a few seconds to preserve the inside raw.

Ingrédients

For the beef tataki

- 240 Gr Boston cut beef
- 5 Ml Paprika
- 5 Ml Cinnamon powder
- 5 Ml Cumin powder
- 5 Ml Ground coriander

- Vegetable oil
- Salt and pepper

For the gremolata sauce

- 1 Clove(s) Garlic
- 4 Sprig(s) Parsley
- 4 Sprig(s) Mint
- 1 Unit(s) Lemon
- 15 Ml Pine nuts
- 20 Gr Parmigiano reggiano
- 60 Ml Olive oil

- Vegetable oil
- Salt and pepper

For the garnish

- 20 Gr Parmigiano reggiano
- Vegetable oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

General preparation

Zest and juice the lemon. Mix the spices together. Cut the beef in long rectangular log of 4cm x 4cm. Use a peeler to create Parmesan shavings.

Beef tataki preparation

Roll the beef in the spice mix and season with salt and pepper. Drizzle a little bit of vegetable oil in a hot pan and sear the beef on each side for about 30 seconds. Slice the tataki very thinly.

Gremolata sauce preparation

Roast the pine nuts in a pan until they get golden. Using a food processor, chop the parsley, mint, pine nuts, olive oil, zest and a dash of lemon juice and season with salt and pepper.

To serve

Place your salad lengthwise and serve a few slices of tataki on top. Use the gremolata sauce to create a design on your plate and decorate with a few parmesan shavings.

Bon appétit!