

Mild spices beef tataki salad, Parmigiano Reggiano gremolata sauce

Recette pour 4 personnes

Description Watercress salad served with thin slices of beef flavored with cinnamon, paprika, coriander and cumin, seared very quickly on all four sides, served with a fresh herb and Parmesan pesto.

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

- 320 Gr Boston cut beef
- 5 Ml Paprika
- 5 Ml Cinnamon powder
- 5 Ml Cumin powder
- 5 Ml Ground coriander
- 5 Gr Fleur de sel
- 5 Gr Ground pepper

- Olive oil
- 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
- 25 Gr Pine nuts
- 20 Gr Parmigiano reggiano
- 60 Ml Olive oil
- 8 Sprig(s) Basil
- 1 Unit(s) Lime juice
- 3 Gr Salt
- 5 Gr Freshly ground black pepper

- Olive oil
- Vegetable oil
- Salt and pepper

For the salad

- 1 Bunch(es) Watercress
- 15 Ml Honey

- 20 Gr Parmigiano reggiano
- 50 Ml Olive oil
- 1 Unit(s) Lemon
- Olive oil
- Vegetable oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

Set up

Juice the lemon Cut the beef into long rectangular sections 4cm x 4cm. Use a peeler to create Parmesan shavings. Pick all the leaves from your fresh herbes. Browned pine nuts 4 minutes in the oven.

Beef tataki

Gather all the spices then roll to beef stripes in the mixture .In a non-stick skillet on medium / high, drizzle some vegetable oil then sear in it the beef stripes on each side for about 30 seconds. Remove them from the pan and set aside. on a wire rack and let them cool down.

Gremolata sauce preparation

Using a food processor, chop all the herbes then add the olive oil, the lemon juice, the parmesan and the pine nuts then season with salt and pepper.

Salad preparation

Season the watercress with olive oil, a dash of lemon juice, honey, 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!