

Beef tartar, horseradish mayonnaise, fried quail egg

Recette pour 4 personnes

Description Knife cut Boston beef seasoned with capers, gherkins, shallots and chives, flavored with horseradish mayo and served with a fried quail egg, and a few croutons.

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 prepare a tartare and he will suggest you a very fresh piece.

Ingrédients

For the tartare

- 480 Gr Boston cut beef
- 30 Ml Capers
- 8 Unit(s) Gherkins
- 2 Unit(s) Shallot
- 12 Sprig(s) Chives

- Olive oil
- Salt and pepper

For the horseradish mayonnaise

- 5 Ml Lemon juice
- 5 Ml Dijon mustard
- 200 Ml Vegetable oil
- 25 Gr Horseradish
- 1 Unit(s) Egg yolk

- Olive oil
- Salt and pepper

For the croutons and quail egg

- 0.50 Unit(s) Baguette
- 4 Unit(s) Quail egg

- Olive oil
- Salt and pepper

Optional

- 4 Handful(s) Mixed greens

- Olive oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 400 F°

General preparation

Finely chop the gherkins, capers, shallot and chives. Cut the beef into small cubes.

Croutons preparation

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 10 minutes until crisp.

Horseradish mayonnaise preparation

Mix the lemon juice with Dijon mustard and egg yolk using a little whisk. Then stir in the vegetable oil gradually while whisking. Season with salt and pepper.

Tartare preparation

In a large bowl, mix the beef, gherkins, capers, shallots, chives and a drop of horseradish mayo to bind the whole thing. Mix well. Now you will season your tartare and it's all about personal taste. Add some salt and pepper, pour a little more mayo to adjust the seasoning if necessary.

Quail eggs preparation

Cook the quail eggs on low heat in a non-stick pan on one side only.

To serve

Draw a line of horseradish mayo on your plate. Use a ring mold to serve your tartare and place a quail egg on top . Accompany your tartare with baguette croutons and eventually a mixed green salad dressed with horseradish mayo.

Bon appétit!