

Italian beef tartare, Parmigiano Reggiano croutons

Recipe for Gourmet pressé

Description

Variant of the classic tartare recipe, here the flavors of tomato, basil and Parmegiano Reggiano together to created a great Italian tartare.

Note

Make sure you have a very fresh piece of meat since you will eat it raw. In addition, you can ask your butcher to cut it for you.

Ingredients

For the croutons

- 0.50 Unit(s) Baguette
- 50 Gr Parmigiano reggiano

- Olive oil
- Salt and pepper

For the tartare

- 480 Gr Boston cut beef
- 1 Unit(s) Shallot
- 15 Gr Pine nuts
- 2 Unit(s) Italian tomatoes
- 8 Unit(s) Sundried tomatoes
- 2 Sprig(s) Basil

- Olive oil
- Salt and pepper

For the garnish (optionnal)

- 4 Handful(s) Mixed greens
- 15 Ml Dijon mustard
- 15 Ml White balsamic vinegar
- 30 Ml Olive oil

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- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

General preparation

Cut the beef and tomatoes into small dice. Toast the pine nuts in oven until they color slightly, then chop them coarsely. Cut dried tomatoes into small cubes. Finely chop the shallot. Snip basil. Cut the baguette into thin slices about 0.5 cm. Perform parmesan shavings with a vegetable peeler.

Croutons preparation

Place baguette slices on a baking sheet. Season with pepper. On each slice, then place a few shavings of Parmesan and bake in the oven until the parmesan is either baked. Allow to cool.

Tartare preparation

In a bowl, mix beef, shallots, tomatoes, dried tomatoes, pine nuts and basil. Sprinkle with a little olive oil, season with salt and pepper.

Garnish preparation

In a separate bowl, combine mustard and vinegar, season with salt and pepper and stir with a whisk. Drizzle in olive oil with in the mixture of mustard and vinegar and stir it. Mix the dressing in the mesclun and adjust seasoning if necessary.

To serve

Use a ring mold to serve your tartare on a plate. Place a few croutons on top to create height. Alternatively, place a spoonful of tartare on each crouton, garnish with a shaving of Parmigiano Reggiano and serve immediately.

Bon appétit!