

Mild spices beef tataki salad, Parmigiano Reggiano and gremolata sauce |

Recipe for 12 tapas

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.

Note

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.

Ingredients

For the beef tataki

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

- Salt and pepper
- Vegetable oil

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

- Salt and pepper
- Vegetable oil

For the garnish

- 24 Chips Parmigiano reggiano

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **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!