

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

## Recipe for 4 portions

### 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.

### 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

- 320 Gr Boston cut beef
- 5 Ml Paprika
- 5 Ml Cinnamon powder
- 5 Ml Cumin powder
- 5 Ml Ground coriander
- 5 Gr Sea salt flakes
- 5 Gr Ground pepper
  
- Salt and pepper
- Vegetable oil
- Olive oil

#### For the salad

- 3 Handful(s) Mixed greens
- 1 Handful(s) Watercress
- 15 Ml Honey
- 20 Gr Parmigiano reggiano
- 50 Ml Olive oil
- 1 Unit(s) Lemon
  
- Salt and pepper
- Vegetable oil
- Olive oil

### Preparation

- Preparation time **30 mins**

#### 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
  
- Salt and pepper
- Vegetable oil
- Olive oil

#### Topping

- 4 Tbsp Fried onions
  
- Salt and pepper
- Vegetable oil
- Olive oil

### 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 and fried onions.

**Bon appétit!**