

Spices crust beef tataki, gremolata sauce and Parmigiano Reggiano shavings, cauliflower tabbouleh with candied lemon

Recipe for 4 persons



Description

The tataki is a meat that is quickly seared and still raw in the inside.

Ingredients

Tataki

- 500 Gr Boston cut beef
- 25 Gr Paprika
- 25 Gr Cumin powder
- 25 Gr Ground coriander
- 25 Gr Cinnamon powder
- Salt and pepper

Gremolata

- 4 Sprig(s) Basil
- 4 Sprig(s) Mint
- 2 Clove(s) Chopped garlic
- 2 Tbsp Pine nuts
- 25 Ml Olive oil
- 75 Gr Grated parmesan
- Salt and pepper

Cauliflower tabbouleh

- 1 Unit(s) Cauliflower
- 1 Unit(s) Preserve lemon
- 1 Ml Olive oil
- Salt and pepper

Preparation

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

Prep

Mix all the spices and roll the piece of meat in it.

Remove the leaves of basil and mint.

Peel and chop the garlic.

Roast the pine nuts in the oven for 5 minutes.

Grate the parmesan cheese and make somme shavings.

Chop the candied lemon.

Zest the lemon then squeeze the juice.

Tataki

In a hot pan with peanut oil, sear the meat on each side.

Put the meat aside in the fridge.

Slice the meat in slices when ready for the tapas.

Gremolata

In a food processor, mix the basil, mint, roasted nuts, garlic, grated parmesan, salt and pepper.

Pulse 4 to 5 times to chop everything.

Season to taste.

Cauliflower tabbouleh

Mix the cauliflower in a food procesor to create a couscous of cauliflower.

Mix in a bowl with the candied lemon, lemon juice, lemon zests and olive oil. Season to taste.

Plating

In a plate, start with the tabbouleh, then the slices of beef tataki.

Add a spoon of gremolata sauce and garnish with cheese shavings.

Bon appétit!