

Traditional beef tartare, arugula salad with lemon vinegar dressing

Recipe for 4 persons



Description

Knife cut Boston AAA beef seasoned with capers, gherkins, shallots and bound with egg yolk. This tartare is served with an arugula salad seasoned with a lemon vinegar dressing.

Note

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

Ingredients

For the tartare

- 480 Gr Boston cut beef
- 30 Ml Capers
- 8 Unit(s) Gherkins
- 2 Unit(s) Shallot
- 8 Sprig(s) Parsley
- 1 Unit(s) Egg yolk
- 8 Drop(s) Tabasco
- 8 Drop(s) Worcestershire sauce

- Olive oil
- Salt and pepper

For the croutons

- 0.50 Unit(s) Baguette

- Olive oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

For the arugula salad

- 4 Handful(s) Arugula salad
- 15 Ml Lemon vinegar
- 5 Ml Dijon mustard
- 30 Ml Olive oil
- 50 Gr Parmigiano reggiano

- Olive oil
- Salt and pepper

- Preheat your **four** at **400 F°**

General preparation

Finely chop the gherkins, capers, shallot and Italian parsley leaves. Cut the beef into very small cubes and chop it a bit to finish. Make parmesan shavings using a peeler.

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.

Tartare preparation

In a large bowl, mix the beef, gherkins, capers, shallots, Italian parsley, a drizzle of olive oil and egg yolk to bind the whole thing. Mix well. Now you will season your tartare and it's all about personal taste. Add salt and pepper, pour a few drops of Tabasco, some Worcestershire sauce and adjust the seasoning if necessary.

Arugula salad preparation

Mix the lemon vinegar with Dijon mustard using a little whisk. Then stir in the olive oil gradually while whisking. Season with salt and pepper. Mix this dressing with the arugula at the last moment.

To serve

Arrange the arugula on your plate and garnish it with parmesan shavings. Use a ring mold to form your tartare on the side. Accompany your tartare with baguette croutons.

Bon appétit!