

Asian-Style Beef Tartar



Beef tartare is a dish that few try to reproduce at home. It is more often eaten in high-end restaurants. Yet, did you know that it is totally possible and even easy to prepare tartar at home?

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 410

Fat 26

Carbohydrates 13

Fibre 5.4

Protein 31

Sodium 415

Ingredients

- 30 ml (2 tbsp) light soy sauce
- 30 ml (2 tbsp) sesame oil
- 45 ml (3 tbsp) freshly squeezed lemon juice
- Salt and pepper to taste
- 450 g (1 lb) fresh beef flank steak, diced (see Notes)
- 1 avocado, diced

- 250 ml (1 cup) chopped onions
- 2 ml (½ tsp) potted chopped garlic (1 clove)
- 30 ml (2 tbsp) fresh mint, chopped
- 30 ml (2 tbsp) chopped peanuts
- 1 ml (¼ tsp) ground chili pepper (optional)
- Tabasco (optional)

Note: It is recommended to buy quality beef from a butcher. From the time of purchase until serving, make sure the beef remains at a temperature between 0°C and 4°C. Therefore, it is recommended to keep the beef in the refrigerator as long as possible while preparing the tartar. When cutting the beef, ice can be placed in a cul de poule and the bowl containing the beef can be placed on top to keep it cool during preparation.

Preparation

1. In a bowl, using a whisk, emulsify the soy sauce, sesame oil and lemon juice. Add salt and pepper to taste.
2. In another bowl, gently combine ground beef with the remaining tartar ingredients, except mint, green onions and peanuts.
3. Using a round cookie cutter, assemble individual portions of tartar on 4 plates. Press lightly with a spoon before removing the cookie cutter.
4. Garnish with mint leaves, green onions and peanuts. Serve with croutons, crackers, or salad.

Notes

Can be kept for 24 hours in the refrigerator and does not freeze.



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