



Beef Tataki



A truly fresh and vibrant salad that takes next to no time to prepare. This works well as either a starter or a main course.

Ingredients

- ♦ 500 g beef fillet
- ♦ 30 ml extra virgin olive oil or Irish rapeseed oil

For the marinade:

- ♦ 75 ml soy sauce
- ♦ 50 ml rice vinegar
- ♦ 2 shallots, finely sliced
- ♦ 2 tablespoons soft dark brown sugar
- ♦ zest of 1 lime
- ♦ 10 g fresh ginger, grated
- ♦ 2 garlic cloves, sliced

Serves 6 as a starter

For the salad dressing:

- ♦ 50 ml soy sauce
- ♦ 50 ml rice vinegar
- ♦ 1 tablespoon soft dark brown sugar
- ♦ 1 lemon, juice and zest only
- ♦ 1 chilli, finely chopped

For the salad:

- ♦ a handful of beansprouts
- ♦ a handful of watercress
- ♦ ½ cucumber, sliced
- ♦ 1 shallot, sliced
- ♦ 2 teaspoons pickled ginger

To Cook

Rub the beef with oil and season with salt and freshly ground black pepper. Heat a heavy-based frying pan and fry the beef for one minute on each side. Remove from the pan and set aside. Mix together all the ingredients for the marinade in a bowl until well combined. Place the meat in the bowl and massage the marinade into it. Transfer the meat and marinade to a Ziploc bag and leave in the fridge to chill for at least two hours.

Make the dressing by whisking together all the ingredients in a bowl until well combined. Arrange the salad on a large platter and spoon over the dressing. When the meat has been chilled, slice it very thinly and arrange on top of the salad.