

Steak Tartare

Ingredients

Dressing

1/2 cup. grapeseed oil or other flavorless oil
1/2 cup. Dijon mustard, or to taste
1/2 cup. capers, rinsed, drained and chopped
1/2 cup. Cognac
1/2 cup. Worcestershire sauce
1/2 cup. hot sauce, or more to taste
1/4 cup. ground Himalayan sea salt, or to taste
1/4 cup. freshly ground black pepper, or to taste (I always use mixed peppercorns)

Beef

6 1/2 ounces (180 g) beef tenderloin or top round, trimmed
1 large free-run egg yolk, pasteurized
1 1/2 cups. shallots, finely chopped
1/2 cup. cornichons (gherkins), finely chopped

Method

Place all the grinding tools in the fridge for 1 hour. Place the beef in the freezer for 30 to 40 minutes.

Dressing

In a small bowl, combine all the dressing ingredients. Taste and adjust if necessary; set aside.

Beef

With a knife or a meat grinder fitted with a large-sized grinding plate, finely chop the half-frozen beef.

Add the pasteurized egg yolk, shallots, cornichons, parsley and 2/3 of dressing (don't make the tartare too wet); stir well.

Cover with plastic wrap and chill for 30 to 60 minutes.

When chilled, using a burger press or a cookie cutter, mold the steak on serving plates.

Serve it with Dijon mustard, cornichons & crostini; garnish with parsley.

