



FRENCH

Steak Tartare

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	2	25 min	0 min	Raw preparations	Tenderloin

Ingredients

- 250 g (9 oz) beef tenderloin, very fresh, well chilled
- 1 egg yolk, from a very fresh or pasteurised egg, plus 1 more for topping (optional)
- 1 tbsp Dijon mustard
- 1 tbsp capers, rinsed and chopped
- 2 tbsp finely chopped cornichons
- 1 small shallot, very finely chopped
- 1 tbsp chopped parsley
- 2 tsp Worcestershire sauce
- 1 tsp Tabasco, or to taste
- 1 tbsp olive oil
- Salt and black pepper
- Toasted baguette slices or frites, to serve

Steps

1. **Food safety:** raw beef and raw egg yolk carry risk (use pasteurised yolks if you can). Buy the freshest whole-muscle tenderloin you can from a trusted butcher, keep it cold until the moment you chop it, and serve at once. It is not suitable for pregnant people, young children, older adults or anyone with a weakened immune system.
2. Put the beef in the freezer for 15 minutes to firm up (this makes it easier to cut cleanly), and chill your bowl and knife too.
3. Trim away all silver and fat from the beef. Cut it into thin slices, then thin strips, then into 3 mm ($\frac{1}{8}$ in) dice. Use a very sharp knife; a food processor would turn it into paste.
4. In a chilled bowl, whisk the egg yolk, mustard, Worcestershire, Tabasco and olive oil.
5. Fold in the beef, capers, cornichons, shallot and parsley. Season with salt and pepper, then taste and adjust.
6. Shape into a neat mound on each plate, or press into a ring mould and lift it away. Make a small dent on top and add the second yolk if you like.
7. Serve straight away with warm toast or frites.

Notes

- **Make ahead:** chop the garnishes up to a day ahead, but dice the beef and mix just before serving.
- **Egg:** for a pasteurised option, use pasteurised yolk or replace it with 1 tbsp good mayonnaise.
- **Texture:** hand-cut beef is better than minced, as it feels meaty and not pasty. See raw for more on serving beef uncooked.
- **Chef's touch:** set the mixing bowl over a larger bowl of ice while you fold; it keeps the beef cold and the flavours bright.
- **Pair with:** a small green salad in a mustardy vinaigrette, bistro style.