Steak Tartare

Description

Steak Tartare is a gourmet dish made from finely ground or chopped raw beef mixed with various spices and ingredients. The word "tartare" is derived from the name Tartars, an ethnic people from Eastern Europe.

As the legend suggests, the Tartars were a nomadic people and did not have time to cook the meat. Fortunately, the preparation of Steak Tartare as we enjoy it today has evolved over the methods employed by the nomadic Tartars.

Summary

Yield: 6
Prep Time: 20 minutes
Category: Appetizers
Cuisine: French

Ingredients

- 1 lb sirloin or filet mignon
- 1 egg yolk
- 2 tsp dijon mustard
- 1 tbsp capers, drained
- 1 tsp worcestershire sauce
- 2 tbsp olive oil
- 1/4 cup parsley, minced
- 1/4 cup red onion, finely chopped
- 1 tsp hot pepper sauce
- sea salt to taste
- fresh ground pepper to taste

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Instructions

Trim the meat and grind the meat twice. Chop the onions.

In a mixing bowl, mix the egg yolk, onions, capers, mustard, Worcestershire sauce, pepper sauce, salt and pepper. Add the olive oil and beat lightly for 15 to 30 seconds.

Add the meat and parsley. Season with salt and pepper. Mix thoroughly.

Best to serve immediately. Steak Tartare can only be preserved for up to 2 hours, even in the refrigerator.

Serve with toast points as an appetizer.