

Raw Korean Beef Tartare Salad Recipe

(Korean Recipes)

Ingredients: Serves 4

200g beef fillet, sliced into thin strips
4-6 lettuce leaves, washed and drained
½ tablespoon pine nuts, finely ground
1-2 cloves garlic, very thinly sliced
½ large nashi pear (about 300g) peeled and finely diced
1 teaspoon lime or lemon juice
Pine nuts, to garnish
1 egg yolk, to serve (optional)

Sauce:

1 tablespoon soy sauce
2 teaspoons sugar
1 teaspoon crushed garlic
1 teaspoon sesame oil
1 teaspoon toasted sesame seeds, coarsely crushed
1-2 teaspoons ground red pepper (optional)
Freshly ground black pepper

Method:

Wrap the beef in plastic wrap and chill in the freezer for 30 minutes. Remove the plastic wrap and slice the beef very thinly, and then into strips. Mix all the Sauce ingredients together, then combine with the beef slices, tossing to mix well. Line a plate with the lettuce leaves and place the marinated beef in the center of the plate. Scatter the plate with the pine nuts and garlic. Toss the pear with the lime juice and arrange around the beef. Garnish with the pine nuts and serve the egg yolk (if using) in small dipping bowls. If it is difficult to find nashi pear, simply substitute with a crunchy apple or jicama. Use sashimi instead of beef, if desired.

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