

Thai Beef Salad Recipe

Ingredients:

2 sirloin steaks, each about 225 g
1 lemon grass stalk, root trimmed
1 red onion or 4 Thai shallots, peeled and thinly sliced
½ cucumber, cut into strips
2 tablespoons chopped scallions
Juice of 2 limes (calamansi)
1-2 tablespoons Thai fish sauce
2-4 fresh red chilies, seeded and finely chopped
Chinese mustard cress, salad cress or fresh coriander (cilantro), to garnish

Method:

Pan-fry the steaks in a large, heavy frying pan or skillet over a medium heat. Cook them for 4-6 minutes for rare, 6-8 minutes for medium-rare and about 10 minutes for well done, depending on their thickness (In Thailand the beef is traditionally served quite rare). Alternatively, cook them under a preheated grill (broiler). Remove the steaks from the pan and leave to rest for 10-15 minutes. Meanwhile, cut off the lower 5-cm from the lemon grass stalk and chop it finely. When the meat is cool, slice it thinly and put the slices in a large bowl. Add the sliced onion or shallots, cucumber, lemon grass and chopped scallions to the meat slices. Toss the salad and add lime juice and fish sauce to taste. Add the red chilies and toss again. Transfer to a serving bowl or plate. Serve the salad at room temperature or chilled, garnished with the Chinese mustard cress, salad cress or coriander leaves.

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