
BEEF TARTARE

Redzepi: p279

Tartare

1. Scape beef with a large knife along the grain

Tarragon emulsion

2. Chop and mix tarragon, shallot and garlic
3. Mix in vinegar and glace
4. Blend, adding the oil to form an emulsion
5. Add xanthan, refrigerate

Juniper powder

6. Toast and grind to a fine powder

Serve

7. Assemble small square of tartare
8. Add horseradish and shallot, add ryvita
9. Cover with nasturtium leaves
10. Dust area of plate with powder
11. Smear emulsion

COMMENTS:

12. Rene suggests eat with fingers
13. Used freeze-dried tarragon (store bought)
14. Could replace the tarragon with dill, depending on availabilities

TARTARE:

Beef fillet

EMULSION:

Tarragon - 50g

Shallot -1

Garlic - 1 clove

Balsamic vinegar – 15g

Chicken glace (or water) – 25g

Grapeseed oil -75g

Xanthan - as needed

POWDER:

Juniper berries – 8g

Caraway seed – 3g

GARNISH

Horseradish - grated

Shallot -thinly sliced

Nasturtium leaves

Ryvita - crumbled