

Tues
10/11/2016



BOREALIS

Carne de Onça *Brazilian Beef Tartare*



Serving: 4 portions

Ingredients

200 g Beef Tenderloin
80 g White onion (very finely chopped)
15 g Chives (Chopped) *or spring onions*
5 g Garlic (finely grated or minced)
30 ml Extra virgin olive oil –
salt –to taste
Freshly ground black pepper – to taste

To serve

Dark rye bread slices
Extra chives, onion, olive oil, and black pepper

Method

- Prepare the beef, trim away all visible fat and sinew. Using a very sharp knife, hand-chop the beef into a very fine dice.
- Season. Place the chopped beef in a chilled bowl. Add salt, black pepper, garlic, and olive oil.
Mix gently but thoroughly using a spoon or your hands.
- Add aromatics. Fold in the chopped onion and chives. Taste and adjust seasoning with additional salt and pepper if needed.
- Rest. Cover and refrigerate for 10–15 minutes to allow the flavours to marry while keeping the beef fresh.
- Serve. Spoon generously onto dark rye bread slices.
Finish with extra chives, a little onion, a drizzle of olive oil, and freshly ground black pepper.
Serve as per photo.