



Thai beef salad with roasted rice and pickled shallots

By Miele

20 minutes

Preparation time

25-30 minutes

Cooking time

6-8 servings

Serves

INGREDIENTS

600-800 g beef eye fillet

Marinade

2 tbsp oyster sauce2 tbsp soy sauce2 tbsp fish sauceSalt and white pepper, to taste

Pickle

1½ tsp caster sugar¼ tsp salt flakes1 tbsp hot water60 ml rice vinegar70 g shallots, finely sliced

Salad

1 cup watercress or baby spinach leaves 1 cup mixed herbs; coriander, Thai basil, mint leaves 2 Lebanese cucumbers, finely sliced on the diagonal 1 red capsicum, finely sliced

Dressing

1 red long chilli, finely chopped
1 garlic clove, crushed
1 tbsp coriander root, finely chopped
1 tbsp fish sauce
1 tbsp soy sauce
80 ml lime juice
1½ tbsp palm sugar, grated

Roasted rice

2 tbsp raw long grain rice

To serve

Fried shallots Red chilli, sliced

METHOD

Beef

- 1. Combine oyster, soy and fish sauces in a bowl and season with salt and pepper.
- 2. Rub the marinade over the beef and set aside at room temperature.
- 3. Place beef onto a multi-purpose tray lined with baking paper. Insert Food probe into centre of meat.
- 4. Select Combi Mode on the combi steam Pro oven:
 - Stage 1: Conventional at 200°C + Core temperature 40°C + 60% moisture
 - Stage 2: Conventional at 120°C + Core temperature 55°C + 35% moisture
- 5. Remove beef from the oven, cover with foil and rest for 15-20 minutes.

Pickle

- 1. Dissolve the sugar and salt in the hot water.
- 2. Add vinegar and finely sliced shallots and leave to pickle until ready to serve.

Dressing

1. Mix all ingredients together and season to taste.

Roasted rice

- 1. Place the rice into a small frying pan and cook on medium-high heat, induction setting 7, for 5 minutes, or until lightly golden.
- 2. Remove the rice and crush lightly in a pestle and mortar.

To serve

- 1. Toss the salad leaves, cucumber and capsicum, strained shallots and roasted rice.
- 2. Add a little dressing and arrange onto serving dishes.
- 3. Slice the beef thinly and arrange on top of salad.
- 4. Drizzle lightly with dressing and garnish with fried shallots and red chilli.

Hints and tips

- Add cooked rice noodles to salad for a more substantial option.
- The cooking time is for medium rare beef. Adjust the timing to suit your preferred level of doneness.