

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 sauce

2 tbsp soy sauce

2 tbsp fish sauce

Salt and white pepper, taste

Pickle

1½ tsp caster sugar

1 tbsp hot water

¼ tsp salt flakes

60 ml rice vinegar

70 g shallots

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 grated palm sugar

Roasted rice

2 tbsp raw long grain rice

METHOD

Beef

1. Combine oyster, soy and fish sauces in 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:
 - 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.

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.