



Miele

Beef carpaccio with spring onion, caramelised mustard seeds and kimizu

By Miele

20 minutes

Preparation Time

30 minutes, plus drying time

Cooking Time

6 serves

Serves

INGREDIENTS

Charred and dried spring onion

3 spring onions, white and green parts separated

Caramelised mustard seeds

85 g (? cup) whole grain mustard
80 ml (? cup) vegetable oil

Kimizu

4 egg yolks
125 ml (½ cup) dashi, made from a packet or fresh
2 tsp mirin
1 tsp rice wine vinegar
¼ tsp salt flakes
½ tsp lemon juice

To serve

800 g whole piece beef sirloin, fat trimmed, cut crosswise to make 2 small rounds
2 red radishes, sliced thinly
5 cherry tomatoes, sliced thinly
Micro greens

METHOD

Charred and dried spring onion

1. Place the spring onion greens onto a perforated baking tray and into the oven on Drying function at 50°C for 5 hours, or until they crumble.
2. Slice the spring onion whites into 1 cm rounds, reserve to cook with the beef.

Caramelised mustard seeds

1. Place the mustard and the oil in a small saucepan on medium heat, induction setting 5, cook for 15 minutes, stirring, or until the mustard seeds darken and crisp.
2. Drain the mustard seeds through a metal sieve and reserve the oil.

Kimizu

1. Place the egg yolks, dashi, mirin, vinegar and salt in a bowl; whisk well to combine.
2. Pour the mixture into a vacuum sealing bag and Vacuum on level 3 and Seal on level 3.
3. Place the sealed bag onto a rack in the steam oven and Steam at 80°C for 10 minutes.
4. Pour the mixture into a bowl and whisk in the juice.

To serve

1. Preheat a tepan yaki plate on high heat, induction setting 7 for 5 minutes.
2. Lightly oil the beef in the reserved mustard oil and place on the tepan yaki plate with the spring onion whites.
Cook the beef for 2 minutes, or until browned all over and cook the spring onion pieces for 5 minutes, or until browned on both cut sides.
3. Rest the beef for 5 minutes and slice thinly into 12 pieces.
4. Divide the beef between the plates, top with caramelised mustard seeds, radishes, tomatoes, micro greens, spring onion pieces, dried spring onion greens and kimizu.

Sustainability tips to make your ingredients go further

- Reserve the beef fat trimmings, these can be rendered down to make the 'Chewy caramel'.
- Reserved spring onion greens from the 'Chicken ballotine with corn, watercress stuffing and almond cream' can also be dried with the onions above. Dehydrated spring onions are delicious to garnish many dishes.
- The spring onion greens can be dehydrated with the orange and ginger from the 'Pickled carrot salad with togarashi'.

Alternative appliance function

- The spring onions can be dried quicker using a combi steam Pro oven on Combi mode at 50°C + 0% humidity + 3 hours. They also can be dried in a warming drawer overnight.
- If your slices are too thick, they can be flattened before serving.

Hints and tips

- Make the dashi using ½ tsp instant dashi powder and 125 ml (½ cup) boiling water. Cool before using.