

bb & co

“Cut of Beef”

Refreshed by a touch of lime/ginger, crisp spring salad

Ingredients :

“Cut of Beef”

- 4 fillets of rump steak

Ginger/lime Juice

- 15 cl of beef stock (see Bases)
- 2 cl of lime juice
- 2 zests of lime

Artichokes and onions in vinegar

- 2 purple artichokes
- 12 bell onions
- 5 cl of white vinegar
- 5 cl of white wine
- 10 cl of white stock (see Bases)

Crispy salad

- 2 mini-cucumbers
- 1 green tomato
- 1 round red tomato
- 1 sucrine
- 10 g of riquette salad
- 10 g of spinach shoots
- 12 enokis
- Artichokes in vinegar
- Bell onions in vinegar
- Balsamic vinegar
- 4 slices of dried lime (see Bases)
- Olive-oil
- Salt and pepper from the mill



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Preparation :

Ginger/lime juice

Reduce the beef stock.
Incorporate the lime juice.
Add the zest as a julienne.
Allow to infuse for 10 minutes.
Strain in a conical strainer.
Let it cool at ambient temperature.

Rump steak filets

Trim the filets of rump steak. Beat them lightly to make them even.
Brush with a little oil. Cook them "blue" *à la plancha*.
Allow to cool.
Glaze with the ginger and lime juice.
Allow to cool.
Glaze again with ginger and lime juice.
Set aside in a cool place.

Artichokes and onions in vinegar

Trim the artichokes. Peel the bell onions.
Pour half of the white vinegar, white wine and white stock into a frying pan.
Add the artichokes and cook until the tip of a knife goes through them.
Drain and set aside in olive-oil.
Cook the onions and set aside.

Crispy salad

Peel the mini-cucumbers, remove the heart.
Cut them in two lengthwise.
Rinse the tomatoes. Cut them into four, remove the pips.
Wash the hearts of the zucchinis, cut into four.
Set all these vegetables aside in a cool place.
Select and wash the riquette, spinach shoots and enoki.
Keep them on damp kitchen paper in a cool place.

Finish and presentation

*Cut the filets of rump steak into regular strips 1.5 x 8 cm.
Drain the vinegar artichokes and onions of their oil. Cut the artichokes in four and the onions in half.
In a *cul-de-poule*, mix the cucumbers, tomatoes, zucchini hearts, riquette, spinach shoots, enoki, vinegar artichokes and onions. Add olive-oil, salt and pepper.
Pour 2 cl of balsamic vinegar into a small dish. Add salt and 6 cl of olive-oil. Season with pepper.
Arrange the strips of rump steak and the salad on the plates. Sprinkle with vinaigrette.*