

EYE ROUND TARTARE

INGREDIENTS:

2 small shallots
50 g capers (1 tablespoon capers)
2 pickled cucumbers
a couple sprigs of parsley leaves + some for decoration
1-2 tablespoons vegetable oil or olive pomace oil
2 quail eggs (optionally chicken)
Worcester sauce
salt, pepper
Maggi liquid seasoning
Tabasco
wheat toast

PREPARATION:

1. Chop finely or mince the eye round. Finely dice the shallots, the cucumbers, and the capers. Separate the leaves from parsley and chop them finely. Mix all ingredients with meat, season with salt, pepper, few drops of Maggi, Tabasco and Worcester sauce.
2. Add some vegetable oil or olive to the tartare (virgin olive oil is not recommended due to its intensive flavour). Add a little bit of sparkling mineral water.
3. Mix everything until the meat is detaching from the sides of the bowl and forming a uniform mass. Form desired shape on a plate, garnish with grilled toast, quail egg yolk and parsley sprig.