

BEEF AND RICE NOODLE SALAD, PICKLED GINGER JUICE DRESSING

EQUIPMENT

LARGE, MEDIUM AND SMALL MIXING BOWLS, ZIP LOCK BAG, CHEF KNIFE,
SIEVE, TONGS, FRYPAN, SPOONS, KETTLE

INGREDIENTS

500GM PORTERHOUSE (STRIPLOIN) STEAK, 3CM PIECE PEELED GINGER, 1 X 200GM PACKED PICKLED GINGER,
1 CARROT, 1/3 CUCUMBER, 3 SHALLOTS, 6 SNOW PEAS, 1 SPRING ONION, 1 GREEN CHILLI, ½ BUNCH CORIANDER,
2 SPRIGS MINT, 3 SPRIGS BASIL, 4 CHERRY TOMATOES, 1 LIME, 20GM FISH SAUCE,
80GM LIGHT SOY SAUCE, 20GM PALM SUGAR, 50GM OLIVE OIL, SALT

METHOD

ROUGHLY SLICE THE GINGER INTO MATCHSTICKS AND PLACE IN A ZIP LOCK BAG ALONG WITH 20GM OF OLIVE OIL AND 20GM OF SOY SAUCE

ADD THE BEEF TO THE BAG AND RUB IN THE MARINADE SLIGHTLY, ROLL UP THE BAG AND SEAL IT REMOVING AS MUCH AIR AS POSSIBLE

PLACE THE BEEF INTO A PRE-HEATED OVEN STEAM SETTING 58 DEGREES FOR 70 MINS

PLACE THE RICE NOODLES IN A MIXING BOWL AND POUR OVER BOILING WATER FROM THE KETTLE TO SUBMERGE THE NOODLES

TO MAKE THE DRESSING DICE ONE SHALLOT AND ADD TO A MIXING BOWL, SHAVE THE PALM SUGAR AND ADD TO THE BOWL ALSO

NOW ADD THE SOY, FISH SAUCE, OLIVE OIL, LIME JUICE AND A SMALL PINCH OF SALT. OPEN THE BAG OF PICKLED GINGER AND SQUEEZE OUT THE JUICE INTO THE SAME BOWL. MIX WELL AND SET ASIDE

FOR THE SALAD SLICE THE ONION, SHALLOTS AND TOMATO. JULIENNE THE CUCUMBER, CARROT AND SNOW PEAS. CHOP THE CHILLI AND PICK ALL THE HERBS. SEASON LIGHTLY, MIX AND SET ASIDE

STRAIN THE NOODLES ONCE TENDER AND SET ASIDE TO COOL, ONCE COOL ADD THE NOODLE TO THE OTHER SALAD INGREDIENTS AND MIX WELL

WITH 2 MINS REMAINING ON THE TIMER HEAT A FRY PAN OVER HIGH HEAT, REMOVE THE BEEF FROM THE OVEN AND PAT DRY ON PAPER TOWEL, PAN FRY IN A LITTLE OLIVE OIL UNTIL WELL CARAMELISED. APPROX 2 MINS ON EACH SIDE

LIBERALLY DRESS THE SALAD AND TOSS WELL, PLATE SOME SALAD IN THE MIDDLE OF A PLATE OR INTO A LARGE SHARING BOWL, SLICE THE BEEF THINLY AND ARRANGE ON TOP, DRIZZLE SOME EXTRA DRESSING OVER THE BEEF AND AROUND THE PLATE AND SERVE

HINTS & TIPS

- THIS SALAD IS ESPECIALLY GOOD ON A HOT SUMMER NIGHT, IF BEEF IS NOT YOUR THING, STEAM SOME CHICKEN BREAST INSTEAD OR EVEN SOME PRAWN
- RICE NOODLES ARE READILY AVAILABLE IN MANY DIFFERENT SHAPES AND SIZES, TRY DIFFERENT VARIETIES YOU WILL BE SURPRISED HOW EACH DIFFERENT TYPE CHANGES THE DISH
- STEAMING YOUR BEEF IN A BAG LIKE THIS ENSURES EVEN COOKING