

Beef tartare with avocado

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Ingredients

Beef layer

- 300 g quality, aged beef
- 2 tbsp chopped capers
- 1 tbsp chopped scallions
- 2 tbsp olive oil
- Salt and black pepper, cayenne pepper flakes to taste
- A dash of Worcestershire, tabasco (ideally from smoked paprika), soy sauce

Avocado layer

- One large, ripe avocado
- 1 tsp chopped spring onions (may be without onions)
- A little salt
- Parsley and garlic
- For serving dill

Instructions

Beef

1. A layer of meat. Cut the meat into small cubes. If there are films in the meat, cut them cleanly before slicing so that they do not enter the product.
2. Pour olive oil into a bowl, add salt and pepper to taste.
3. Add the chopped capers, scallions, parsley and garlic. Season with a dash of Worcestershire sauce, a little tabasco, soy and mix carefully.
4. Leave it cold for at least 10 minutes to allow the flavors to combine and the meat to marinate easily.

Avocado

5. Avocado layer. Cut the avocado in half.
6. With the sharp edge of the knife (like an axe), lightly cut into the pit of the avocado and turn the knife to remove the pit easily.
7. Hold the avocado half with the peel in a handful, and use a knife to score the flesh as if slicing. Try to press the knife just enough to reach the peel.
8. Scoop out the avocado with a spoon. If the avocado is large, dig in half. This will give you a nicely diced avocado.
9. Add the scallions. Season with salt and pepper, mix lightly but do not mash.
10. Cook the avocado just before serving.

Serving

11. Serving. On a plate, using a culinary ring, place a single layer of avocado or cucumber and top with beef. Garnish with dill, sprinkle with quality extra virgin olive oil, season with salt crystals.