



Steak Tartare

serves 2; from The River Cottage Meat Book

- 10 ounces humanely-raised rump or sirloin steak
- 2 farm fresh egg yolks
- 2 teaspoons minced shallots
- 1 teaspoon salted capers, rinsed and chopped
- 1 teaspoon chopped cornichons
- 2 teaspoons chopped parsley
- 1/2 teaspoon English mustard or prepared horseradish
- Worcestershire sauce
- Tabasco sauce
- homemade ketchup
- sea salt
- fresh pepper

Trim the meat of all sinew and fat (except marbling), then process or mince it finely. A traditional way to do this is to scrape the meat with the blade of a knife, but I find that the resulting texture is too fine and almost like pâtée;

Shape the meat into two equal mounds, and place on serving plates. Make a dip in the mounds and gently tip an egg yolk into each. Place all the other ingredients in individual bowls, take to the table and let people mix their own. Serve with Melba toast and/or hot French fries.

Suggested quantities to mix in per serving: 1 teaspoon shallots, ½ teaspoon capers, 1/2 teaspoon cornichons, 1 teaspoon parsley, ¼ teaspoon mustard, 3 shakes Worcestershire sauce, 4 drops Tabasco, ½ teaspoon ketchup, pinch of salt, and 3-4 grindings of pepper.