

Beef Carpaccio with Arugula and Parmesan

Author: Chef Eric



A classic of Italian cuisine, carpaccio is made of raw meat. It is therefore very important to get the best quality of meat from your butcher!

Ingredients

- 9 ounces Beef Sirloin, bright red and sliced paper thin (by your butcher) (240 grams)
- 1 cup fresh arugula, washed and dried (250 milliliters)
- 2 ounces small wedge of good quality Parmesan cheese (60g)
- 2 tablespoons extra virgin olive oil (30 milliliters)
- 1 teaspoon chop garlic
- 1 teaspoon chopped parsley
- 1 tablespoon olive oil
- Salt and freshly ground pepper to taste

Preparation Time	20 min	Difficulty	Normal
Portions		Yield	
Country/Region	Italy		
Vegetarian	No		

Preparation

Freeze the tenderloin a couple days, and slice it very thin while frozen. After taking it out from the freezer, you may leave it 15 minutes at room temperature and slice it.

Mix your chopped garlic, chopped parsley and 1 tablespoon olive oil, season with salt and pepper and reserve.

Place your serving plate into the refrigerator to make sure that it is as cold as possible. Leave it there for an hour or so.

Lay your slices of meat on the cold plate. Drizzle all over with the olive oil and sprinkle with salt and pepper. Top it with the arugula.

Peel some Parmesan flakes with a potato peeler and place them on the top of the salad. Drizzle the garlic oil around.

Notes

Don't leave the dish on a counter. It needs to be refrigerated at all times to prevent any food poisoning. In case of doubt, simply don't eat it.

Carpaccio was invented in 1961 at Harry's Bar in Venice, Italy. It was named for the Renaissance painter Vittore Carpaccio who was noted for the use of red in his paintings.□