
Steak Tartare

Marha Hemphill Huggins

Party Recipes from the Charleston Junior League - 1993

Freshness is a must for this dish. Be sure to use very lean meat and either grind it yourself or ask the butcher to grind it while you wait.

1 pound sirloin, trimmed well and freshly ground once
1/4 cup minced onion
1 teaspoon dried tarragon
2 anchovy fillets, finely diced
1 tablespoon capers, drained
1 teaspoon instant bouillon crystals, dissolved in one teaspoon water
1 egg yolk
1/2 teaspoon dry mustard
salt (to taste)
freshly ground pepper (to taste)
capers (for garnish)
minced onion (for garnish)

In a large bowl, combine the ground sirloin, 1/4 cup minced onion, tarragon, anchovies, one tablespoon capers, bouillon, egg yolk and dry mustard. Mix well with a fork. Add salt and pepper to taste.

Shape the mixture into a mound on a serving platter. Serve immediately.

Serve with Melba rounds and small bowls of minced onions and capers.

Yield: 10 to 12 servings

Appetizers

Per Serving (excluding unknown items): 100 Calories; 6g Fat (56.6% calories from fat); 6g Protein; 5g Carbohydrate; 1g Dietary Fiber; 219mg Cholesterol; 380mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.