

Thai Beef Salad with Scallions and Bean Sprouts

Menu

Description:

Serving Size: **20**

Categories: **Dining Room/Buffer used**

Cost Per Serving	
\$	1.20

PICTURE OF DISH

<u>Action</u>	<u>Date</u>	<u>Initials</u>
Created:	10/8/2013	PML
Revised:	10/17/2013	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
Vinaigrette (to be made 24 hrs in advance minimum):				
0.5	lt	Fish sauce		20-100010189
0.1	lt	Lime juice		20-100001385
0.5	lt	Soy sauce		20-100011540
0.01	lt	Siracha sauce		
0.1	kg	Lemon grass fresh	Crushed in cheese cloth	20-100000887
0.3	lt	Mazola oil		20-100001475
0.02	kg	Cilantro fresh		20-100000883
0.01	kg	Mint fresh		20-100000878
		salt & pepper to taste		
Salad:				
1.5	kg	Beef , tri tip	raw, cut in half lengthwise	20-100019192
1.2	kg	Cabbage white	shaved on meat slicer	20-100000810
0.4	kg	Spinach for salad		20-100000849
0.5	kg	Papaya green or very unripe	shredded	20-100000781
0.6	kg	Bean sprout canned	drained	20-100001194
0.2	kg	Carrots	shredded	20-100000811
0.05	kg	Basil, fresh		20-100000876
0.050	kg	Peanuts, unsalted	roasted and crushed	20-100000903
0.100	kg	Green onions	sliced thin	20-100000836

Method of Preparation:

Vinaigrette:

- Wrap the lemongrass in a cheese cloth and place on chopping board. Using a hammer, crush to extract the flavor out. Ensure that it is crush to the point of fibers separating from each other.
- Place in container with all other ingredients and allow to marinate 24 hours or more.
- Remove the lemon grass but do not discard. Wisk well the remaining ingredients , season to taste.

Salad:

- Cut the beef in flat wide strips lengthwise so each piece is about 1 inch thick, place in a pan and add the crushed lemongrass underneath and marinate with some of the dressing for 24 hours.
- Season the meat with salt and mark on a high heat groved grill on both sides until medium/medium well.
- Cool down the meat and cut strips.
- In a large bowl , combine all ingredients except the beef, peanuts and scallions. Toss with dressing.
- Place in serving dish, add the meat on the top, peanuts, scallions and drizzle some more dressing.