

Thai Beef Salad with Mango Recipe

(Beef Salad with Mango - Thai Recipes)

Ingredients: Makes 4-6 servings, Oven: Preheat to 200°C

1 cup (8 fl oz/250 ml) coconut milk
¼ cup (2 fl oz/60 ml) plus ⅓ cup (3 fl oz/80 ml) fish sauce
3 cloves garlic, peeled, minced, plus 3 cloves, chopped
2 tablespoons plus 2 teaspoon finely chopped palm sugar or brown sugar
1 tablespoon minced fresh cilantro (fresh coriander)
1 lb (500 g) flank steak
2 green jalapeno chilies
2 tablespoons each chopped fresh cilantro (fresh coriander) stems and chopped fresh mint
⅓ teaspoon ground black pepper
5 tablespoons (2½ fl oz/75 ml) fresh lime juice
2 tablespoons canola oil
2 mangoes
1 each lemongrass stalk and fresh hot red chili
2 shallots, peeled and thinly sliced
¼ cup (⅓ oz/10 g) each julienne fresh Thai basil, fresh mint leaves, and fresh cilantro (fresh coriander)
1 head red-leaf lettuce

Method:

In a large bowl, stir together the coconut milk, ¼ cup fish sauce, minced garlic, 2 tablespoons palm sugar and minced cilantro until well mixed. Add the flank steak and turn to coat well. Cover and marinate at room temperature for an hour. Seed and finely chop each jalapeno chili. In a mortar, combine the chilies, chopped garlic, chopped cilantro stems and mint, and pepper and grind together with a pestle until a paste forms. Transfer the paste to a large bowl and whisk in the ⅓ cup fish sauce, lime juice and 1 teaspoon palm sugar. Drizzle in the canola oil while continuously whisking. Cover the dressing and refrigerate until ready to dress the salad. Peel the mangoes and cut the flesh into thin slices. Using only the bulb of the lemongrass stalk, peel away the tough outer layer, smash the stalk with the side of a chef's knife, and cut on the diagonal into ⅛-inch (3-mm) slices. Seed and julienne the red chili. Set aside. Prepare a hot fire in a charcoal grill, or preheat a stove-top grill pan over high heat. Remove the steak from the marinade and pat dry with paper towels. Discard the marinade. Place on the grill rack or grill pan and sear, turning once, until brown on both sides, 5-6 minutes per side. Using tongs, transfer the steak to a rimmed baking sheet, place in the preheated oven, and cook for 5 minutes longer for rare and 10 minutes for medium. Transfer the steak to a cutting board and let rest for 5 minutes. Slice across the grain into thin strips. Pour the juices released during slicing into the dressing, stir well, then add the beef, mangoes, lemongrass, red chili, shallots and julienne herbs. Toss to coat. Line a serving platter with lettuce leaves, spoon the beef mixture on top and serve.