

Thai Beef Salad

This recipe was adapted from a recipe with the same name on www.allrecipes.com

Serves: 4



This dish is found on the menu of almost every Thai restaurant in the United States. Sometimes the beef is stir-fried in a minimum of oil and the salad is served while the beef is still warm. Sometimes it's served cold, using thinly sliced rare roast beef.

Ingredients

- 2 cloves minced garlic**
- 1 teaspoon black peppercorns**
- ½ teaspoon salt**
- 2 teaspoons olive oil**
- 1 pound flank steak, flat iron steak**
- 3 small tomatoes**
- 1 medium Bermuda onion, cut into ¼-in slices**
- 1 aluminum foil, heavy duty, (8" x 18")**
- 1 head red leaf lettuce**

Recipe from Thom Hackett's Recipe File at www.thomcooks.com

Dressing:

- 1 teaspoon ground dried shrimp w/chilies, optional**
- 2 cloves garlic, chopped**
- 2 red Serrano chili pepper, sliced**
- 2 green Serrano chili pepper, sliced**
- 1 tablespoon roasted chili sauce, nam prik pao**
- 3 tablespoons fish sauce, nam pla**
- 5 tablespoons lime juice**
- 2 teaspoons sugar**
- ¼ cup chopped fresh mint, coarsely chopped**
- ¼ cup fresh coriander leaves, cilantro**

Cooking Method

Pound garlic, peppercorns, coriander root and salt into a paste; add oil and mix together.

- 1. Rub the garlic mixture over the beef; marinate for 30 minutes.**
- 2. Broil or grill beef until medium rare.**
- 3. Slice into 2-by-¼-inch strips.**
- 4. Set aside in a large mixing bowl.**

Quickly char tomatoes under a hot broiler, turning occasionally.

- 1. Do not overcook.**
- 2. Cool.**
- 3. Cut into wedges and add to the beef.**

Evenly spread the sliced onions on ½ of the sheet of foil.

- 1. Fold in half, seal the edges to form a flat parcel.**
- 2. Place directly on top of a medium-high stove burner for 1 minute--it should make sizzling sounds.**
- 3. Turn over; cook for about 30 seconds longer until charred.**
- 4. Remove, unwrap and cool.**
- 5. Add to the beef mixture.**

Line a platter with the large lettuce leaves.

- Shred remaining leaves and scatter them on top.**

Prepare the Dressing:

- 1. In a hot, ungreased skillet, toast optional ground dried shrimp until fragrant, about 10 seconds.**
- 2. Reduce to medium heat.**
- 3. Add garlic, chilies, roasted chili sauce (nam prik pao), fish sauce, lime juice and sugar; stir together until dissolved.**
- 4. Cool.**
- 5. Add beef mixture, mint and coriander to wok; toss together gently.**
- 6. Pour mixture over lettuce.**
- 7. Serve at room temperature.**