



ITALIAN (VENICE)

Beef Carpaccio

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	30 min + 1 hr	0 min	Raw preparations	Tenderloin

Ingredients

- 300 g (10½ oz) beef tenderloin, trimmed of all fat and silver, very fresh
- 60 g (2 oz) rocket (arugula)
- 40 g (1½ oz) Parmigiano-Reggiano, shaved
- 2 tbsp capers, drained
- 2 tbsp extra-virgin olive oil
- 1 lemon, half juiced and half cut into wedges
- Flaky salt and freshly ground black pepper

OPTIONAL SAUCE

- 2 tbsp mayonnaise
- 1 tsp Worcestershire sauce
- 1 tsp lemon juice
- 1 tbsp milk, to thin

Steps

1. **Food safety:** this dish is served raw. Use the freshest whole-muscle beef from a trusted butcher, keep it cold until serving, and do not serve it to pregnant people, young children, older adults or anyone who is immunocompromised.
2. Wrap the tenderloin tightly in plastic wrap and freeze for 1 hour, until firm but not solid. This is what makes thin slicing possible.
3. Meanwhile, whisk the optional sauce ingredients together until smooth and drizzly. Chill the serving plates.
4. Using your sharpest long knife, slice the beef as thinly as you can, about 2 mm (1/16 in) thick. Slice against the grain so it stays tender.
5. Lay a few slices between sheets of plastic wrap on a board and tap gently with the flat of a mallet or heavy pan to flatten them to a near-transparent sheet. Arrange the slices on the plates to cover the surface in a single layer.
6. Season the beef with flaky salt and pepper and a squeeze of lemon juice. Drizzle with the olive oil.
7. Top with the rocket, Parmesan shavings and capers. Add a thread of sauce, if using, and serve immediately with lemon wedges.

Notes

- **Make ahead:** slice and arrange up to 30 minutes ahead, wrapped and chilled; season just before serving.
- **Cold chain:** this is a raw dish, so keep the beef refrigerated until it goes on the plate.
- **Serving:** a light starter before pasta; crusty bread on the side is welcome.
- **Chef's touch:** toss the rocket with a few drops of lemon juice and oil before topping, so the leaves taste dressed and glossy.