

Thai inspired skirt-steak rolls w pickled carrot, Asian herbs and garlic aioli Jon Condon, Beef Central, Brisbane

These fresh and zesty Thai-inspired beef rolls take a little pre-preparation, but deliver a flavour-packed light meal using an 'under-utilised', full-flavoured beef cut...

Ingredients

- 200g skirt steak per person (MSA yearling or grainfed)
- 1-2 French style crunchy baguette rolls per person (commonly sold in Vietnamese and better bakeries)
- ½ bunch each of coriander, Vietnamese or conventional mint, basil
- 2 carrots
- One lime
- One packet bean sprouts (mung bean shoots, chive sprouts or other)
- Fried shallots (Crunchy, commonly available in any Asian grocers)
- Ketchup manis (Indonesian/Thai sweet soy)
- Two heads of garlic
- Chilli to taste



Method

- Denude skirt steak of external fat and marinate in ketchup manis and a little finely diced chilli for 30 minutes.
- Grill or barbecue steaks until medium rare. Caution: skirt steaks are thin, and will not require a lot of cooking. Also, ketchup manis contains a little sugar, so be careful the steaks do not burn, by having the heat too high.

Roasted garlic aioli

Ingredients

- Three egg yolks, good olive oil, two heads of garlic

Method

- Roast two whole heads of garlic for 40 minutes in the oven, or until soft.
- Place egg yolks and 'flesh' from garlic cloves in blender with a pinch of salt, and slowly add oil, to emulsify into a creamy mayonnaise consistency. Bought mayonnaise can be substituted.
- Refrigerate.

Pickled carrots

- Finely julienne two carrots.

- Add some apple cider or red wine vinegar, a little water and a little sugar to a small saucepan and bring to a simmer.

- Blanch carrot strips for 60 seconds, strain and refrigerate.
- Be careful not to over-cook: they should retain a little crunch.

Construction

- Slice baguettes length-wise and spread with a little garlic aioli.
- Finely slice cooked skirt steaks and add to rolls.
- Add a little pickled carrot, bean sprouts, some roughly chopped coriander/mint/basil, and a squeeze of lime.
- Top with a sprinkling of crunchy fried shallots, and a little finely-chopped red chilli, if desired.

Notes

- Ketchup Manis, Asian herbs and crunchy fried shallots are all easily available from many supermarkets or specialty Asian grocers.
- As illustrated in the photo, garnishes can be supplied separately to allow guests to 'build their own' to taste.
- Left-over roasted garlic aioli will keep in the fridge for several days.

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