

Houston's Thai Beef Salad

This salad is truly EVIL! It's quite a jazzy salad, made up of riffs of hot and cold, soft and crunchy, spicy and sweet. The Chile paste-laced dressing plays a trick on the tongue. It sneaks up, hidden behind vegetables and noodles. When suddenly you find your mouth warming up, it seems logical to have another bite, expecting the ~~cucumber~~ and mango to cool it. This, of course, only brings more Chile dressing and more burn. An evil cycle, but a pleasurable one.

Makes 2 healthy servings Source: Houston's Restaurant

3 Tbsp Orange Juice

• --Dressing--

• ~~3~~ 1/2 tablespoon lime juice 1/2 lime

• ~~1~~ 1/2 tablespoon fish sauce 1/2 Tbsp

• ~~1~~ 1/2 tablespoon water

• 1 large clove garlic, minced — 2 Thai Pepper (Fresh)

1 Tbsp

• ~~1 1/2~~ 1/2 teaspoons Sriracha or similar chile paste (or more, depending on how brave you're feeling)

• ~~2~~ 1/2 tablespoon light brown sugar MISO

• ~~1/2~~ 1/2 teaspoon sesame oil

• 2 tablespoon neutral flavored oil (like canola or grape seed)

• --Salad--

Filet

• ~~1/2~~ 1/2 pound skirt steak or flank steak, or a similar thin cut

• 1 ounce dried rice noodles, soaked until soft in boiling water, cut into pieces if very long, and chilled ~~and chilled~~ FRIED

• ~~1~~ 1/2 large handful mesclun or chopped lettuce

• 1 large handful shredded cabbage

• ~~3~~ 1/2 thinly sliced radishes

• 1 small julienned carrot Red Bell Pepper CARROT

• ~~1/2~~ 1/2 cup seeded, diced cucumber

• 1/2 cup diced mango QUARTERED

• ~~1/4~~ 1/4 cup seeded, diced tomato 1/4 Tomato

• 2 thinly-sliced scallions

• ~~2~~ 1/2 tablespoons toasted, crushed peanuts (2 to 3) 1/8 cup

• 1/2 cup chopped cilantro, ~~mint~~, or Thai (or regular) basil or a combination (this is best)

• For Dressing: Whisk everything together and let set at room temperature while you prepare the rest of the ingredients.

• For Salad: Season the beef with salt and pepper and sear in a hot skillet (preferably cast iron) for 2-3 minutes per side, or until medium rare. Let the meat rest for a few minutes, then slice on the bias and toss with 2-3 tablespoons of the dressing.

• Mix the remaining salad ingredients (except the peanuts) in a large bowl, and add dressing until everything is well coated. Divide the salad between two plates, mound the beef on top and sprinkle with the chopped peanuts.

Shiso

1/2 NE-MITSUBA

Make Beef in Same Extra Dressing For 2 hours