

Bavette carpaccio with fried capers & mustard mayo

Search:

- [Beef](#)
- [Dinner](#)
- [Recipes](#)

Bavette carpaccio with fried capers & mustard mayo

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Bavette carpaccio with fried capers & mustard mayo



Rate this recipe

0 people are cooking this [Count me in](#)

Looking for quick and easy dinner ideas? Try bavette carpaccio with fried capers & mustard mayo. Ready in under 15 minutes!

Ingredients (serves 2)

- 350–400 g bavette or [skirt steak](#)
- Sea salt and freshly ground black pepper
- 1 tbsp capers, drained
- 1 tbsp pine nuts
- 1 tbsp English mustard
- 3 tbsp mayonnaise
- 1 tbsp extra-virgin olive oil, plus extra
- 2 tbsp freshly squeezed lemon juice
- 2 tbsp finely chopped flat-leaf parsley
- 5 g Parmesan shards (use a vegetable peeler to make these)
- Handful pine nuts, toasted
- Flavourless oil (groundnut or sunflower)

Method

Bavette carpaccio with fried capers & mustard mayo

Season both sides of the steak thoroughly with salt and pepper. Heat a greased heavy-based frying pan (skillet) until stinking hot. Put the steak in the pan (it should sizzle immediately) and cook for about three to five minutes on each side for rare-medium. Transfer to a chopping board and leave to rest. Once cooled, refrigerate for one hour.

Heat a little flavourless oil in a frying pan over a medium heat and fry the capers for a few minutes until crisp and puffed. Remove to a bowl covered with kitchen paper. Wipe the pan with kitchen paper and toast the pine nuts for a few minutes, shaking the pan occasionally, until golden brown. Remove from the heat and set aside.

Whisk together the mustard, mayonnaise and olive oil until you have a loose sauce. Remove the steak from the fridge and finely slice it into slivers against the grain. Arrange on a large plate or serving platter. Drizzle with the mustard mayo and lemon juice, and scatter over the parsley, Parmesan shards and capers. Drizzle with olive oil and finish with the pine nuts and salt and pepper.

[NEXT: Grilled steaks balsamico>>](#)

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```