Lemongrass Beef Bánh Mì
RECIPE

Lemongrass Beef Bánh Mì

TIME	5
INGREDIENTS	15 items
MAKES	4 servings

A Vietnamese inspired, high impact sandwich with some classic South East Asian flavours. Most of the prep and cooking can be done at least one day in advance, leaving the assembly simple and streamlined.

INGREDIENTS

For the Marinade Paste

- 1 tbsp. MasterFoods™ Professional Thai Seasoning, plus extra for sprinkling
- 1 stick of Lemongrass Stick, white part sliced
- Juice and zest of 1 Lime
- 1 tbsp. Fish Sauce
- 1 tsp. White Sugar
- 500 g Beef Eye Fillet or Rump Steak
- 4 small Cucumbers, cut into batons
- 1 medium Carrot, peeled and cut into julienne
- 1 small Bird’s Eye Chilli, thinly sliced (optional)
- 1 tbsp. MasterFoods™ Professional Hot Chilli Sauce
- 2 tbsp. Fried Shallots
- 1 tbsp. Fried Garlic Chips
- 1 long Baguette, cut into 4 pieces, and sliced down the middle
- Butter, for spreading
- Handful of fresh Mint and Coriander, to garnish

Cooking Instructions:

1. First, make the marinade paste by placing everything in a mortar and pestle and pulverizing until it forms a wet paste. Alternatively, this can be scaled up and done in a food processor (with the excess reserved for later use).
2. Rub the steak all over with the paste and sprinkle over extra Thai seasoning. Chill and leave for at least an hour to marinate (or preferably overnight).
3. Heat a barbecue or grill over high heat.
4. Cook the beef for 2 minutes on each side for rare, then leave to rest for 5 minutes.

Slice thinly when ready to assemble.

5. Slice the baguettes open, keeping a hinge intact on one side. Spread the butter wall to wall, then arrange with carrots, cucumber and beef slices on each one. Top each with hot chilli sauce, crispy shallots, garlic, chilli (if using) and garnish with fresh mint and coriander.

Tips:

1. Use MasterFoods™ Professional French Dressing to lightly pickle the carrot and chilli ahead of time, giving extra brightness to the dish.
2. Replace the steak with firm tofu or shredded chicken breast.
3. Can also be turned into rice paper rolls and scaled up for functions

More Recipes Like This

Choc-Berry Bircher Muesli

Cooking time

10 min

Ingredients

11 items

Shredded Barbecue Chicken Pancakes

Cooking time

60 MINS

Ingredients

8 items

Gua Bao Buns

Cooking time

10 min

Ingredients

11 items

New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

Source URL:
https://www.masterfoodsprofessional.com.au/recipes/lemongrass-beef-bánh-mì