



Thai red curry beef bowl served with coconut jasmine rice, thinly slice seared strip loin served with balsamic teriyaki sauce & accompanied with sauté tatsoi, warm vegetable ceviche, Maui onion salsa

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Ocean Club



Thai red curry beef bowl

Ingredients

_ pound end cut of strip loin
3 tbsp chopped onion, garlic and galangal ginger
3 small thin slice lemon grass
2 no kafir lime leaves
1 tbsp chopped cilantro leaves
3 no cilantro leaves for garnish
_ piece of Asian eggplant
1 tsp Thai red curry past
1 cup coconut milk
1 tsp tomato past
1 tbsp corn oil
Oil for deep fry the eggplant
Salt, pepper

Method - clean the sirloin; take the middle part for the seared beef and end cut. For the Thai red curry beef. Sauté the garlic onion, galangal, lemon grass and the end cut beef in oil. Then add, Thai red curry past, tomato past, kafir lime leaves. Add coconut milk, chopped cilantro and bring to simmer for 3-5 minutes. Cut the egg plant and season it and deep fry to golden color. Finally

add the seasoning and garnish with cilantro leaves and Fried eggplant on top of the rice.

Coconut Jasmine rice

Ingredients

1 cup jasmine rice
1_ cup cold water
1 cup coconut milk
_ cup raisin
_ salts

Method – add all the ingredients in a rice cooker mix it and let be cook.

Thinly slice seared beef strip loin

Ingredients

_ pound beef strip loin
1 tbsp oil
_ butter
Salt, pepper

Method -

Cut the middle parts of the strip loin and season with salt and pepper. Heat the pan with oil and butter and sear the loin until nice browned. Cook the loin for 5 to 7 minutes for medium- rare meat.

Teriyaki balsamic sauce

Ingredients

_ cup balsamic vinegar
2 tbsp soy
1 chicken stock
2 tbsp mirin
1 tbsp sugar
2 tbsp Corn starch diluted with water

Method-

Put the balsamic vinegar in pan bring to reduce by half, add the chicken stock, soy sauce, mirin and sugar bring to boil. Dilute the corn starch with cold water, and thicken the boiling sauce with corn starch.

Warm Vegetable ceveiche

Ingredients

2 cup cut vegetable
(Snow peas, mushroom, carrots, trio peppers, onion,
White asparagus, zucchini,)
1 piece cucumber peeled
2 no okra
3 no cherry tomato
1 tbsp sesame oil
1 tbsp garlic and ginger chopped
_ roasted sesame seeds
Salt, peeper

Ceviche sauce

Ingredients

1 tbsp Lemon juice
1 tbsp Soya sauce
_ tsp citrus vinegar
_ tsp sugar
1tsp orange chili past
_ tsp black pepper

Method – Sauté the garlic and ginger with sesame oil and add the Cut vegetables (with out tomato and cucumber) cook for _ minutes. Then mix the tomato, cucumber and sesame seeds, put in a bowl. _ put the Ceviche sauce ingredients into the same pan bring to reduce. Mix the vegetable and ceviche sauce.

Sauté tatsoi

Ingredients

3 cup tatsoi
1 tbsp oil
Salt and pepper

Method- heat the pan with oil and sauté the tasoi and season.

Maui onion salsa

Ingredients

1 no Japanese Maui Onion chopped
1 no Tomato chopped
1 tsp Ponzu (Japanese citrus vinegar)
1 tbsp Orange juice
1 tbsp sweet chili sauce
1 tsp extra virgin oil
_ tsp cilantro chopped
Salt, pepper

Method – chop the Maui onion, tomato and cilantro and mix the rest of other ingredients.