

Thai Tiger-Cry Steak

December 24th, 2018

This recipe serves: 12

Prep Time: 24:00

Cook Time: 06:30

The name of this dish has nothing to do with the spice level of the meat. As the legend goes, a tiger finished eating this tasty meal, and cried when he realized that it was gone and he would not be able to eat any more. This meat will go well with rice, with noodles, or on a Thai Steak Salad called Yum Nua. This recipe includes instructions for grilling or for using the Sous Vide. Either recipe requires about 20 minutes preparation the day before.

Ingredients:

4 to 6 pounds - Eye of Round Roast

Little Bit Sweet, Little Bit Spicy Sauce (for serving)

Marinade

1/2 Cup Soy Sauce

3 Tablespoons Fish Sauce

2 Garlic Cloves, minced or 1 Teaspoon Garlic Powder

1/4 Cup Oyster Sauce

2 Teaspoons Baking Soda

Dipping Sauce

1 Shallot (thinly sliced and finely diced)

6 Tablespoons Tamarind Paste or 3 Tablespoons Lime Juice

1 Teaspoon Sugar

1 Tablespoon Chili Garlic Sauce or Srirachi Sauce

3 Scallions (thinly sliced)

2 Tablespoon Fish Sauce

6 Tablespoon Soy Sauce

Directions:

Mix the Dipping Sauce. Whisk well until the sugar is fully dissolved. Refrigerate at least 24 hours.

Cut the Eye of Round Roast by cutting across the grain of the roast. Cut into 1 inch thick steaks.

Mix the marinade and place in a large Sous Vide safe bag. Add the meat and gently mix the contents, then vacuum and seal the bag.

Refrigerate for 24 hours.

Remove the Dipping Sauce about 1 hour before meal time and allow it to warm to room temperature.

Oven Preparation:

Medium Rare: Grill or broil about 4 minutes on each side or until the internal temperature reaches 130° F.

Medium: Grill or broil about 7 minutes on each side or until the internal temperature reaches 140° F.

Well: Grill or broil about 10 minutes on each side or until the internal temperature reaches 160° F.

Sous Vide Preparation:

Sous Vide at 131° F. for 6 hours for 13 hours.

Remove from bag. Dry each Steak, then reverse sear 30 to 60 seconds over medium heat.

Remove from the heat and allow the meat to rest, untouched for at least 10 minutes.

Cut the steaks on the bias into thin slices.

Serve with Rice, Noodles, or with Salad (Thai Yum Nua).