

## Seared beef

by [Elena Arzak](#)



Main | Medium | 4 | 2 hours

This unusual beef dish from Elena Arzak involves marinating beef with mango and turmeric, and is served alongside a mango, turmeric and coconut water-infused gravy. Arzak actually brand their potato crisps with the name of their restaurant before frying them, which gives this dramatic dish even more flair.

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### Ingredients

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#### BEEF AND BEEF MARINADE

- 360g of [beef fillet](#), ideally from mature cows (i.e. ex-dairy beef), or ox fillet
- 70g of [pineapple](#)
- 2 [garlic cloves](#), deep fried
- 50g of bread, deep fried
- 40g of olive oil
- 10g of [hazelnut paste](#)
- 100g of water
- salt
- [freshly ground black pepper](#)

#### GRAVY

- 2 small [onions](#)
- 50g of olive oil
- 7g of plain flour
- 60g of [mango purée](#)
- 1g of ground turmeric
- 300g of coconut water
- salt
- [freshly ground black pepper](#)

#### MANGO CHUTNEY

- 1 [onion](#), peeled and julienned
- 1/2 [yellow pepper](#), julienned
- 1/2 [garlic clove](#), peeled and finely chopped
- olive oil
- 100g of [coconut water](#)
- 50g of [mango purée](#)
- 2 [mangoes](#), peeled and finely chopped
- 1/2 tsp [curry powder](#)
- 1/2 tsp [ground turmeric](#)
- 1/2 tsp [fresh ginger](#), finely chopped
- salt
- [freshly ground black pepper](#)
- 8 [baby pickled onions](#)

#### POTATO CRISPS

- 200g of olive oil
- 1 [potato](#), peeled and cut them into thin slices with a mandolin, then squared off into rectangles
- salt
- [freshly ground black pepper](#)

#### TO PLATE

- [black sesame paste](#)
- [chicken stock](#)

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### Method

1 Lightly season the meat with salt and pepper

- 360g of [beef fillet](#), ideally from mature cows (i.e. ex-dairy beef), or ox fillet
- salt
- [freshly ground black pepper](#)

2 Blend all the ingredients for the beef marinade, and season with salt and pepper

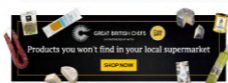
- 70g of [pineapple](#)
- 2 [garlic cloves](#), deep fried
- 50g of bread, deep fried
- 40g of olive oil
- 10g of [hazelnut paste](#)
- 100g of water
- salt
- [freshly ground black pepper](#)

3 For the gravy, in a heavy saucepan, sweat the onion in the olive oil until soft and translucent

- 2 small [onions](#)
- 50g of olive oil

4 Add the flour and cook out over a low heat

- 7g of plain flour



5 Add the mango pulp, turmeric and coconut water. Season with salt and pepper and set aside

- 60g of [mango purée](#)
- 1g of [ground turmeric](#)
- 300g of coconut water
- salt
- [freshly ground black pepper](#)

6 For the mango chutney, fry the onion, yellow pepper and garlic in a little olive oil over a low heat until soft, but not coloured

- 1 [onion](#), peeled and julienned
- 1/2 [yellow pepper](#), julienned
- 1/2 [garlic clove](#), peeled and finely chopped
- olive oil

7 Add the coconut water, mango pulp, diced mango, curry powder, turmeric and fresh ginger and cook over a low heat for 10 minutes

- 100g of [coconut water](#)
- 50g of [mango purée](#)
- 2 [mangoes](#), peeled and finely chopped
- 1/2 tsp [curry powder](#)
- 1/2 tsp [ground turmeric](#)
- 1/2 tsp [fresh ginger](#), finely chopped

8 Gently mash until thick, and season to taste with salt and pepper

- salt
- [freshly ground black pepper](#)

9 Using the tip of a knife, hollow out the pickled onion and fill each one with the chutney. Set aside

- 8 [baby pickled onions](#)

10 Heat up the olive oil and fry the potato until crisp but not coloured. Season with salt and pepper and set aside

- 200g of olive oil
- 1 [potato](#), peeled and cut them into thin slices with a mandolin, then squared off into rectangles
- salt
- [freshly ground black pepper](#)

11 Coat the beef in the marinade and let it sit for 5 minutes - this will allow the bromelain enzymes from the pineapple tenderise the beef

12 Sear the beef on a very hot charcoal grill. Once cooked, allow the beef to rest

13 To plate, serve the beef on a thin layer of mango chutney

14 Thin out some of the sesame paste with a little chicken stock, and spread on the plate in two lines

- [black sesame paste](#)
- [chicken stock](#)

15 Serve the chutney-topped pickled onions alongside the beef, and place the potato crisps on top of the beef



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