

Mastering the Perfect Steak Tartare: 5 Expert Insights on Achieving Culinary Balance

Texture, flavor, and equilibrium. These were the core principles guided by **Chef Abdias Aquino** during his inaugural live session at the **Casa Flora Cooking Show**, hosted at **Anuga Select Brazil**—the leading food and beverage industry exhibition in Latin America. The chef shared high-level technical insights for preparing a professional-grade steak tartare.

Premium Ingredients

- **Protein:** 1kg of cleaned beef tenderloin (Filet Mignon)
 - **Acidity & Spice:** 40g Reine de Dijon Mustard; 40g L'ancienne Reine de Dijon Mustard; 20g Istanbul Worcestershire sauce; 60g Flora capers
 - **Aromatics:** 120g red onion; 30g chives; 10g fresh chili pepper; 5g lemon zest
 - **Fats & Seasoning:** 80g Ybarra extra virgin olive oil; 12g salt; 4g black pepper
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Executive Chef Tips for Culinary Excellence

1. Precision in Knife Work Aquino emphasizes a meticulous cutting technique: begin by slicing the beef into ultra-thin steaks before dicing. The objective is to achieve the smallest cubes possible to ensure a refined mouthfeel.

2. Uniformity of Ingredients Consistency is key. All complementary ingredients should be diced to the same scale as the protein. This **uniformity** ensures a balanced flavor distribution and prevents any single ingredient from overpowering the sensory experience.

3. Incremental Flavor Building Avoid bulk additions. The chef advises building the profile gradually, respecting the delicate interplay between **acidity, fat, and freshness**. This disciplined approach ensures the "ensemble" remains cohesive rather than fragmented.

4. Continuous Sensory Calibration While salt and pepper are the final adjustments, Chef Aquino advocates for constant tasting throughout the process. This **real-time quality control** allows for precise calibration of olive oil and citrus notes, ensuring a flawless *grand finale*.

5. Culinary Innovation & Alchemy "Do not fear the new." The chef encourages professional creativity—such as substituting beef for saltwater fish paired with Asian spices. Taking calculated risks in the kitchen is what leads to "culinary alchemy" and market-distinguishing flavors.

About the Event

The Casa Flora Cooking Show contributed to over **205 hours of expert-led content** delivered during the three-day event at Distrito Anhembi.

About Anuga Select Brazil Anuga Select Brazil is the premier strategic hub for the Latin American food and beverage sector. It is a high-impact environment where global brands and key stakeholders connect to drive **business development** and explore emerging trends.

In 2025, the 7th edition hosted exhibitors from 38 countries and facilitated approximately **2,650 business rounds**, generating **R\$ 89 million** in commercial opportunities, further cementing its role as a catalyst for industry growth.