

# Beef Carpaccio Salad Recipe

On a hot summer day in the south of France, my lunch entrée of choice is Beef Carpaccio Salad. While beef doesn't immediately make you think 'refreshing,' this salad is almost always exactly that. Raw beef is sliced paper thin and usually topped with arugula, parmesan and a light, tangy dressing (pesto is my favorite). Every chef has their own unique preparation and variations abound from restaurant to restaurant, but it is almost always delicious. With a nice balance of flavors and textures, this salad manages to be filling without being heavy and pairs wonderfully with a crisp, chilled glass of Rosé.

To prepare at home or at your [vacation rental](#), freeze a lean cut of beef, then allow to thaw for one hour at room temperature and slice very thinly in strips with a sharpened kitchen knife.

Portions will be much smaller than a cooked steak as the raw beef is harder to digest, though still light and satisfying. Also a lovely summer dinner dish during hot weather with a light-bodied Pinot Noir.