

# Katelyn's Easy Steak Tartare

## French Style Raw Beef

1. Grab a bowl--it's more fun this way.
2. Obtain at least 80/20 ground beef. Katelyn likes 80/20 alone or mixing 80/20 and 75/25. Put as much raw in the bowl as you wish.
3. Create a crater in the ground beef in the center.
4. Obtain a pastured, cage free or organic egg. Katelyn likes Eggland's Best Large Eggs, with their added iodine, Vitamin D, A, E and other nutrients.
5. Crack the egg into the center crater that you created.
6. SLOWLY take a fork and mix in the raw egg into the raw ground beef. Turn over and mix until all moisture is absorbed. You can add as many eggs as you like.
7. Chill in the fridge for a few hours.
8. Eat cold when you are ready to eat. Katelyn likes to eat this naked, but that is just her preference.



