

# Beef Carpaccio

## Description

Beef carpaccio is an Italian dish typically consisting of raw or partially cooked beef, cut into thin slices, and served with arugula and a dressing of olive oil, lemon juice, and Parmesan shavings. Locally, beef carpaccio is offered as an appetizer at some restaurants.

## Similar dishes

- Beef kelaguen: A traditional Chamorro dish from the Mariana Islands made of raw or undercooked beef mixed with lemon, onions, hot peppers and coconut. It is often served at ambient temperature.
- Gored gored: An Ethiopian dish consisting of cubes of raw beef mixed with onions, jalapenos, garlic, awaze (a red pepper paste), and spiced butter. It is typically served with injera, a traditional type of flatbread.



Beef carpaccio

## How beef carpaccio is prepared

There are different variations in the preparation of beef carpaccio. Beef carpaccio is typically made with lean cuts of beef, such as tenderloin or top round. The beef is sliced raw or after applying a brief surface heat treatment in which the outside is seared and the inside remains rare. The beef fillet may be placed in the freezer for approximately one hour to make it easier to slice thinly. For even thinner slices, a meat mallet may be used to pound the slices of beef until paper-thin. The thin slices of beef are served with arugula or other greens, and a dressing of lemon juice, olive oil, and Parmesan shavings.

Carpaccio can also be made with thin slices of raw fish or other meats, such as veal, bison, and venison.

## Potential food safety risks

- Raw beef can become contaminated with pathogens during slaughter. According to the 2009 *Food Code* published by the United States Food and Drug Administration (FDA), hazards in raw beef products such as beef carpaccio include *Salmonella spp.* and *Escherichia coli* O157:H7.
- *Listeria monocytogenes* may also be present in raw beef. In a study examining the occurrence of pathogens in raw and ready-to-eat meat products offered for sale in supermarkets in Edmonton, Alberta, *L. monocytogenes* was found in 52% of 100 raw ground beef samples collected (Bohaychuk *et al.*, 2006).

## Associated outbreaks

During July and August of 2005, 32 cases of multiresistant *Salmonella* Typhimurium DT104 in Denmark were found to be associated with the consumption of raw beef served as carpaccio at one restaurant (Ethelberg *et al.*, 2007).

## Food safety legislation

Carpaccio and similar beef dishes intended to be served raw or partially cooked are not specifically addressed in Regulation 562 (Food Premises) made under the *Health Protection and Promotion Act*. In addition, the Regulation does not specify minimum internal temperatures for cooking whole cuts of beef, nor does it state that any heat treatment is required for whole cuts of beef.

---

## Safe food handling of beef carpaccio

- Food safety guidelines for raw meat dishes such as beef carpaccio are contained in the 2009 FDA *Food Code* :
  - Subparagraph 3-603.11(A) states that food establishments that sell or serve an animal food such as beef “raw, undercooked, or without otherwise being processed to eliminate pathogens” in a ready-to-eat form or as an ingredient in another ready-to-eat food, should inform consumers of the significantly increased risk of consuming such foods by way of a prescribed disclosure and reminder.
  - Subparagraph 3-801.11(C)(2) states that partially cooked animal food such as rare meat should not be offered for sale or service in food establishments that serve a highly susceptible population.
- According to Ethelberg *et al.* (2007), applying a brief surface heat treatment to the meat before slicing may reduce the risk of microbial infection without ruining the dish.

## Who should avoid eating beef carpaccio

Health Canada recommends that people with weakened immune systems, older adults, and pregnant women avoid the consumption of raw meat products.



Beef carpaccio