

CARPACCIO DI SALMORIGLIO

INGREDIENTS

700gms beef fillet
45gms black pepper corns
4tbsp fresh thyme leaves
3 lemons
100g parmesan
150gms wild rocket leaves
Extra Virgin Olive Oil as needed

METHOD

Step 1

Roughly crush the black pepper and 1 tbsp salt in a mortar, place in a single layer on a chopping board.

Step 2

Preheat a grill or a pan to very hot. Roll the fillet in the salt and pepper mix, then briefly grill, turning continuously to blacken the outsides, but making sure that the centre remains raw. Remove and place in fridge

Step 3

Slice the cold fillet into 1/2cm slices on a board. Using a large pointed cooking knife, press and spread the slices to make them thin and lacy. The grilled edges will hold the pieces together.

Step 4

To make the Thyme Salmoriglio, pound 4 level tablespoons fresh thyme with 1 teaspoon sea salt until completely crushed. Add 2 tablespoons lemon juice. Pour 8 tablespoons extra virgin olive oil slowly into the mixture. Add a little freshly ground black pepper.

Step 5

Spread out the slices on the plate, and spoon over the thyme sauce. Lightly toss the rocket leaves with the oil and Lemon Dressing.

THE
COOKERY

by The Secret Jozi Chef