

Tagliata with rocket & Parmesan

Ingredients

6 sirloin or ribeye steaks, 3cm thick
1 1/2 tbsp chopped rosemary
1 1/2 tbsp chopped sage
Zest of 1 lemon
Coarse sea salt and freshly ground pepper
1 boneless rib eye steak, cut 2 inches thick (2 1/4 pounds)
Extra-virgin olive oil
1 pack of rocket
1 tablespoon lemon juice
1 cup shaved Grana/Parmigiano-Reggiano

Method

1. Start by finely chopping the rosemary and the thyme, add to a bowl.
2. Now add a generous tsp of freshly crushed black pepper and sea salt
3. To this add a finely zested peel of 1 lemon
4. Add a splash of olive oil to wet the mixture slightly and coat the steaks with it.
5. To cook the steaks add a splash of oil to a frying pan and place over medium high heat until almost smoking
6. Add the steaks and cook until nicely browned, about 3-minutes per side for rare
7. Remove the steaks, set aside and allow to stand under some foil
8. Now prepare in a separate bowl add your lemon juice and olive oil and mix to combine.
9. Arrange the rocket leaves on the platter, then slice the steaks into strips and arrange over the rocket
10. Finally drizzle with the olive and lemon dressing before topping with the parmesan shavings

THE
COOKERY

by The Secret Jozi Chef

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