

Jason Pettit – Capital Radio Recipe



Pica Pau (*p - ka pow*) is a classic Portuguese sautéed meat & pickled vegetable tapas style recipe that is quick and easy to prepare.

Ingredients – serves 4 people

	<i>pickled vegetables</i>
2.5 cups	white vinegar
2.5 cups	water
3 cups	white sugar
3 Tbsp	sea salt
½ Tsp	black peppercorns
2 ea	bay leaves
1 sm	cauliflower (cut into bite size florets)
2 lg	carrots (scrubbed, trimmed and cut into 5mm slices)
2 lg	onions (peeled, cut into 20mm chunks)
	<i>Pica pau</i>
500 gm	beef steak (rib eye / sirloin – sliced into 20mm strips)
½ cup	grape or apple juice
2 Tbsp	mustard (English or Dijon)
2 lrg	garlic cloves (sliced 2mm thick)
2 Tbsp	olive oil
4 Tbsp	butter
¼ cup	black olives marinated in oil

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Method

Place vinegar, water, sugar, salt, peppercorns, and bay leaves into a pan and bring to a gentle simmer. Stir occasionally until sugar & salt have dissolved.

Bring to the boil then add the prepared vegetables.

Turn off the heat and leave to cool.

Heat a large sauté / frying pan over a high heat then add the olive oil and 2 Tbsp butter.

When the butter foams add the sliced steak and garlic.

Sauté over a high heat until the steak is golden brown all over and almost cooked to your liking.

Remove from the pan and keep aside.

Add the grape or apple juice and bring to boil, add the mustard and whisk together.

Add a good handful of the pickled vegetables and stir / toss through the sauce.

Reduce heat to low then add the cooked beef and any juices.

Toss together and cook for a further minute.

Turn off the heat and add the remaining 2 Tbsp of butter and stir / toss together.

Either serve in the pan or transfer to a serving dish and garnish with the black olives.

Serve with crusty bread.

Notes from the chef:

The pickles can be made in advance and will keep in the fridge in an airtight container for several weeks.

Any meat that can be quick cooked can be substituted for beef steak.

Fresh tuna can also be used.

This is a brilliant dish to use as part of selection of salads, cheeses and cold cuts.

For a truly authentic experience, serve with some chili oil on the side.

Tbsp - tablespoon
1 cup liquid = 240ml (approx.)

Tsp - teaspoon
1 cup sugar = 140 gm (approx.)