

Jason Pettit – Capital Radio Recipe



Classic Italian Grilled Steak with Balsamic Reduction *'Tagliata di Manzo'*

Seared steak rested and then thinly sliced and served on a salad of rocket leaves, cherry tomatoes, shaved parmesan and finished with a balsamic vinegar reduction.

This dish pairs very well with potato wedges and / or sourdough bread.

Ingredients

500	gram	beef fillet, tail piece	(cleaned)
1	Tbsp	olive oil	
4	sprigs	thyme, fresh	(leaves picked)
		salt & black pepper	
125	gram	rocket leaves	(washed & drained)
4	Tbsp	olive oil, extra virgin	
1	cup	cherry tomatoes	(cut in half)
½	each	lemon	(juiced)
		salt & black pepper	
75	gram	grana Padano cheese	(aged)
150	ml	Balsamic vinegar	
1	Tbsp	brown sugar	(level, not heaped)
1	sprig	thyme, fresh	
½	each	spring onion	(cleaned & sliced thinly)

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Method

Prepare the balsamic reduction by placing all ingredients into a small pan then bring to a gentle simmer. Stir until the sugar has dissolved then increase heat slightly.

Cook until the volume has reduced by half.

Strain and set the reduction aside.

Rub the beef fillet with the olive oil and then season with the thyme leaves and salt and black pepper.

Pre heat a large frying pan / skillet over a medium to high heat and then add the beef fillet.

Cook to your preference (medium rare to medium works well for this dish) turning as required to ensure an even searing all over that achieves a browned crust.

Remove from the pan and place onto a chopping board.

Cover loosely with aluminium foil and leave to rest for 4 -5 minutes.

Place the rocket leaves and sliced cherry tomatoes into a bowl and lightly toss.

Season with salt and black pepper then add the lemon juice and extra virgin olive oil.

Toss together gently and then place onto a large serving plate.

Thinly slice the fillet steak and arrange over the salad.

Shave the grana Padano with a vegetable peeler over the beef and salad.

Season lightly with a few grinds of black pepper.

Drizzle some of the balsamic reduction over everything and serve.

Notes from the chef:

You can use rib-eye or sirloin steaks if you prefer and cook to your preference.

If you have a good quality aged balsamic vinegar then you can use this instead of the reduction.

If your cherry tomatoes are lacking in flavour, slice them in half, lightly season with salt and set aside for half an hour. Then rinse and drain.

If you can find wild rocket, then the extra pepperiness of this adds a nice level of complexity to the dish.

You can use Parmesan or Pecorino cheese depending on personal preference.

Tbsp - tablespoon

Tsp – teaspoon

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Notes from the chef for a Vegan Version;

Options

Replace the beef fillet with commercial soy / meat free alternatives.

Replace the beef fillet with a mixture of portobello mushrooms and asparagus. Griddle them until just cooked and then proceed.

Replace the beef fillet with seasonal vegetables mixed with a little diluted miso paste for an added umami flavour.

Replace the grana Padano with vegan cheese.

Vegan Parmesan Recipe

<i>1/4</i>	<i>cup</i>	<i>cashew nuts</i>
<i>2</i>	<i>Tbsp</i>	<i>breadcrumbs</i>
<i>1</i>	<i>Tbsp</i>	<i>nutritional yeast</i>
<i>1/4</i>	<i>Tsp</i>	<i>thyme, dried</i>
<i>1/4</i>	<i>Tsp</i>	<i>rosemary, dried</i>
<i>1</i>	<i>pinch</i>	<i>garlic powder</i>
<i>1</i>	<i>pinch</i>	<i>salt (to taste)</i>
<i>1</i>	<i>each</i>	<i>lime (zested)</i>

Place ingredients into a food processor / blender.

Pulse to a semi fine texture.

Taste and adjust by adding more nutritional yeast and / or salt.

This will keep in the fridge for up to a month in an air tight container.

Tbsp - tablespoon

Tsp – teaspoon