

Tagliata



Method

Take meat out of fridge at least an hour before cooking. Remove visible fat.

Heat a skillet on a high heat. When hot, sear the meat for 3 mins on each side over medium high heat. Turn with tongs so a not to pierce meat.

Remove from the grill and leave on the cutting board for a minute to relax. Then cut crosswise to obtain several slices with a sharp, smooth-bladed knife.

Arrange a bed of rocket, and put the slices of rare meat on top.

Garish with chopped tomatos, drizzle of oil, salt flakes (or coarse salt) and freshly ground pepper .

Ingredients

A Florentine steak, 800 g

Cherry tomatoes, washed and halved,100 g

Rocket, washed 100 g

Coarse Salt and pepper

Olive oil

The Marchigiana breed of cattle is known for it's tender, low cholesterol meat, white skin and heavy use of eyeliner - Goth Cows.