

T tagliata

Ingredients

A Florentine steak, 800 g

Cherry tomatoes, washed and halved, 100 g

Rocket, washed 100 g

Coarse Salt and pepper

Olive oil

Method

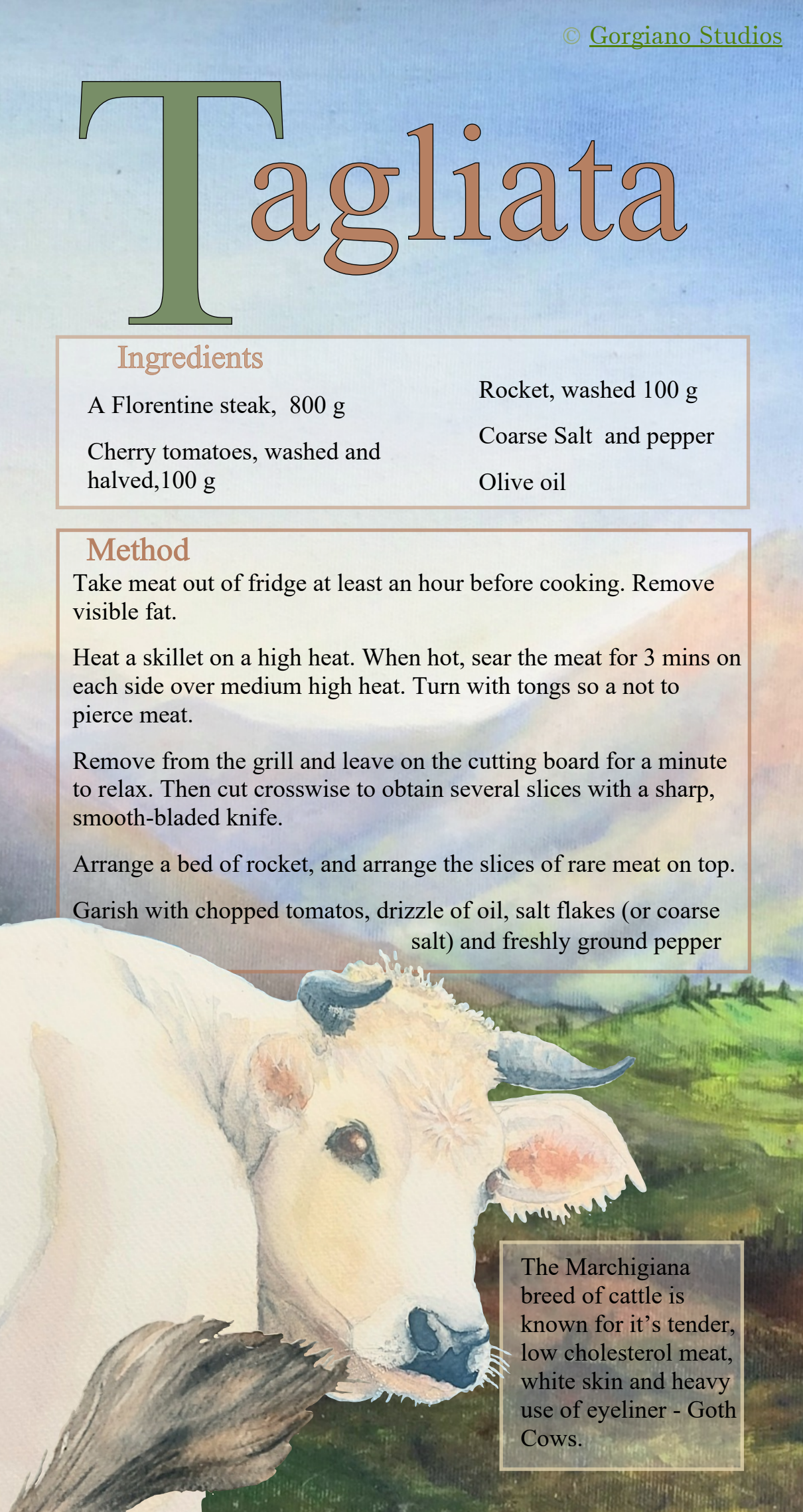
Take meat out of fridge at least an hour before cooking. Remove visible fat.

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 arrange the slices of rare meat on top.

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



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