

Beef Carpaccio



what you need

- 500g John Penny beef fillet trimmed of all fat
- 4 tbsp extra virgin olive oil
- sea salt and pepper
- 2 tbsp toasted pine nuts
- 2 tbsp finely chopped chives
- 40g chunk of Parmesan
- 1 lemon cut into wedges

Cooking Time: 1 hr 25 mins
Serves: 4

how to cook

- 1 Rub the fillet with a little olive oil, season it, then sear it on all sides in a very hot pan (4mins if you like it rare, longer for well done). Allow to cool down thoroughly (around 30mins).
- 2 Wrap the beef in cling film and place in the freezer for 30mins until it is firm but not frozen. Using a very sharp knife, cut the meat into $\frac{1}{2}$ cm slices or as thin as you can. You will need around 2-3 slices per plate.
- 3 Place the meat between two pieces of plastic wrap and gently press it out until it becomes thinner. If your slices are a little thicker than $\frac{1}{2}$ cm, you can use a rolling pin to do this.
- 4 Arrange the slices in a single layer over 4 dinner plates. Sprinkle with sea salt and pepper and then drizzle with olive oil, pine nuts and chives. Using a vegetable peeler, pare thick shavings of Parmesan over the beef, sprinkling about 2 tbsp over each. Serve with the lemon wedges.