

TAGLIATA

Tagliata just means ‘sliced’ – a steak which is sliced when grilled. Sometimes, they are served plain – other times, with porcini mushrooms, or asparagus, or butter and sage, or rocket & tomato, or...

At any rate, at Bocca di Lupo we buy whole sirloins of 28-day aged British rare breed beef, and cut them into whopping 800g steaks ‘for 2’, though they are big enough probably for 3 and serve with rocket salad on the side, everything garnished with rosemary oil, balsamic vinegar and parmesan shavings

You will need

A grill (grill pan or BBQ)
Salt, tongs, knife, board, serving platter
Red wine

Your pack serves 2 (or 3) as a main, and contains

- [1] A bone-in steak
- [2] Rocket
- [3] Parmesan shavings
- [4] (inside pack 2) Rosemary oil mixed with balsamic vinegar

ALLERGENS: all packs prepared in a mixed kitchen, we cannot guarantee the absence of *any* allergen. All packs of this dish dairy and garlic.

Directions

The trick with steak is to get great, deep browning all over the outside, and cook the inside to an even temperature

- Taking the steak out of the fridge at least half an hour before cooking, reduces the amount of cooking you need to do to warm the middle up
- Resting allows the temperature to even out through the steak (so when it comes off the grill, it’s underdone in the middle – but when rested, it’s just right)
- Most cooks like to cook all the way then rest. I like to cook a little, rest a little, cook a little, rest a little

If you have a meat thermometer, internal temperatures are

How do you like it	Before resting	rested
Blue	35-40C	40-45C
Rare	45C	50C
Medium-Rare	50C	55C
Medium	55C	60C
Medium-Well	60C	65C
Well Done	65C	70C

For a 2.5-3cm thick steak, you get to blue in 2 minutes on each side (high heat), then 2 mins rest. Subsequent stages (rare, mid-rare, medium, etc) are each about 1 min each side & 1 min rest. I like to cook to blue and rest, then cook to rare and rest, then cook to mid-rare and rest. Then I serve it, cos I like my stake medium rare – but if you like it more cooked, continue in the same manner. For a steak twice as thick (5-6cm), double all the cook and rest times.

Before you start

- Heat your grill smoking hot. You should be able to hold your hand 5cm above it for 5 seconds without burning yourself (don't touch it, obviously)
- Take the steak from the fridge at least 30 minutes before cooking
- Season well with salt on both sides
- Warm your serving platter
- Pack 1:
 - Grill the steak on 1 side for 2 minutes. Move it only if it starts to flare. Grill the other side, the same.
 - Then rest 2 minutes and the steak is blue.
 - Cook a further 1 minute each side and 1 minute rest for rare
 - Same again for medium rare
 - DO NOT BE AFRAID to carve your steak too raw – if it looks too bloody when you cut it, you can cook it more before or even after cutting
 - DO BE AFRAID of overcooking it. There is no 'wrong' in liking your steak well done – but if you cook it more than you like, there is no going back...
 - Carve the steak off the bone then slice thinly. If the bone is configured to permit standing it up in priapic glory, go for it. Arrange the meat slices carefully around.
- Pack 2: Mound the rocket up next to the carved steak. Sprinkle some salt over the rocket (and maybe a bit over the carved beef)
- Pack 3: Drizzle the rosemary oil and balsamic vinegar over the meat and the rocket
- Pack 4: scatter the parmesan shavings over the beef and the rocket

ENJOY! Steak isn't cooked piping hot, so should be eaten soon after cooking, before it gets too cold.