

# Beef Tagliata

## *with Rocket and Parmigiano Reggiano*

Picture: [www.taste.com](http://www.taste.com)  
Recipe: [www.delicious.com](http://www.delicious.com)



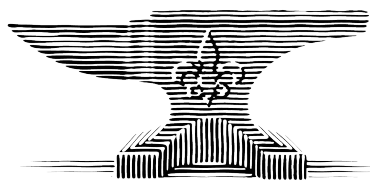
**Pair with *Anvil by Forgeron Cabernet Sauvignon***

### Ingredients:

2, 1lb. beef steaks  
1/2 cup extra virgin olive oil  
2 Cups wild rocket leaves  
Lemon Wedges and bread to serve.

### Directions:

1. Heat a chargrill pan or barbecue on high heat. Lightly rub steaks with 1 tablespoon of the extra virgin olive oil and season with freshly ground black pepper. Grill the steaks for 3 minutes on each side until they are cooked to medium-rare.
2. Remove the steaks from the heat and rest in a warm place for 5 minutes (turning halfway). Cut the meat away from the bone with a sharp knife and then cut on an angle into 3cm strips. Drizzle over 2 tablespoons of the extra virgin olive oil and then sprinkle with a pinch of sea salt. Massage the oil and sea salt into the meat.
3. Arrange the steak on 2 plates. Place the wild rocket in a bowl, dress with the remaining 2 tablespoons of extra virgin olive oil and season. Scatter the rocket over the steak, followed by the parmesan shavings. Drizzle with more olive oil and serve immediately with some lemon wedges and crusty bread.



AnvilByForgeron.com