



“LIGHTLY SEARED SLIVERS OF BELGIAN BLUE BEEF, ROCKET AND MARINATED, GRILLED RADISHES IN SESAME OIL” SERVED WITH PAWEL KWAK



Ingredients (4 persons)

- *beef fillet: 2 pieces, 200 g each*
- *rocket salad: 100 g*
- *radishes: 8 whole*
- *sesame seeds, black and white: 5 g*
- *garlic: 1 clove*
- *olive oil*
- *sesame oil: 5 g*
- *butter: 10 g*
- *fleur de sel*
- *smoked salt*
- *freshly ground pepper*
- *Anne's dandelion vinegar: 1 tablespoon*

Preparation

Dress the beef fillet and season with olive oil, smoked salt and freshly ground pepper. Arrange in a warm pan and sear for 2 minutes. Add pressed garlic and a pat of butter and turn.

Baste for 2 minutes and remove the pieces. Arrange on a grill and turn regularly to preserve the juice of the meat. Peel the radishes and chop very finely. Marinate in sesame oil, dandelion vinegar, fleur de sel and freshly ground pepper. Wash the rocket.

Finishing and garnish

Cut the beef into thin slices. Season with fleur de sel and freshly ground pepper. Mix the rocket with the radishes. Add the black and white sesame seeds and mix. Arrange the beef slices in the centre of a plate. Arrange the radish and rocket salad on the side. Use a basic vinaigrette to lightly drizzle over the beef fillet.