

### **Prime aged ribeye steak with ceps and salsa verde**

Ribeye is a wonderful cut of beef that's full of flavour. As the name suggests, this cut comes from the rib section of the cow. Due to its fat content, I prefer to cook it closer to medium to ensure the fat is cooked properly rendering it and crisping it up. The fat content of ribeye lends itself to sharp, peppery, acidic flavours like tarragon, mustard and lemon. These flavours cut through and enhance the meat without detracting from the richness of the steak.

2 ribeye steaks (200-220g) but feel free to get Sandys to cut them the size you want

#### **Salsa Verde**

75g tarragon leaves

100g parsley leaves

90g shallot

2 cloves garlic

3tsp Dijon mustard

40g drained washed capers

200ml olive oil

2 tbsp vinegar

#### **The mushrooms**

140g ceps – I used fresh porcini, but you can use chestnut mushroom should these be unavailable

1 small clove of garlic

¼ lemon zest

Pinch of fresh chopped parsley

#### **Recipe:**

- Put the ingredients for the salsa into a food blender and pulse until the ingredients come together. I really like to leave it with some texture rather than blending it to a puree
- Cut up the ceps into wedges
- Cook the steak to your liking and when they're done, take them out of the pan and leave to one side to rest. You can then cook the mushrooms in the same pan to utilize all the flavours from the steak
- Simply add a teaspoon of butter and olive oil when the butter starts to foam drop in your ceps then the garlic and cook until tender finish with salt pepper, lemon zest and the parsley

#### **Tip:**

I often stab the fat at the very eye of the steak and rub plenty of salt into it this helps to get the fat crisped and cooked nicely. Allow the steaks to come up to room temperature so they are not cold in the middle before frying. I've added some tender stem broccoli with this dish, but it would work with many other green vegetables for example, green beans, baby spinach raw or cooked. Leftover salsa verde will keep well in the fridge in an airtight container.

