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His Royal Highness The Prince Charles,
Duke of Rothesay

Mey Selections Beef Carpaccio with Spittal rocket

Serves 4

Ingredients

- 500g centre-cut Mey selections beef fillet (Chateaubriand)
- 1tsp sea salt
- 1tsp cracked black pepper
- 2tbsp extra virgin olive oil
- 1tbsp capers, rinsed
- 100g rocket leaves
- 1 lemon, quartered
- For the dressing
 - 2tbsp extra virgin olive oil
 - 1tbsp horseradish cream
 - 1tbsp lemon juice
 - 2tbsp single cream or milk
 - Sea salt and pepper

Method

1. Trim the beef removing the fat and sinew.
2. Rub the salt and pepper into the beef.
3. Heat the olive oil in a frying pan and sear the beef on all sides: about one minute per side.
4. Remove and cool.

For the dressing

1. Whisk the olive oil, horseradish, lemon juice, sea salt and pepper in a bowl. Whisk in the cream or milk until it is runny.
2. Wash and spin-dry the rocket leaves. Finely slice the beef, using the full length of the blade of a long, sharp knife.
3. Then use the flat side of the blade to stretch each slice.
4. Arrange the beef, slightly overlapping, on four plates. Season well.
5. Drizzle the dressing over the top in thin criss-cross lines, strew with capers and rocket leaves.
6. Serve with a wedge of lemon.