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Tagliata di Manzo

Sara's favourite dish in Italy and pretty hard to beat all round. Easy to roast in a pizza oven or on a barbecue - the secret is to have the meat slightly charred on the outside and very rare on the inside. And buy your meat from a good butcher not a supermarket. A carnivore's feast!

1200g striploin of beef

olive oil

few sprigs of fresh rosemary

garlic, crushed

Squisito Trapani sea salt & smoked black pepper

4 large handfuls of wild rocket

8 or 12 good way potatoes like Arran Pilot or Home Guard

Grana Padano DOP cheese, finely pared

Rub your hands with olive oil then annoint the striploin then give a good sprinkle of sea salt and crushed black pepper. Pop in a bag for an hour or two and get the meat to room temperature. Meanwhile halve and blanch potatoes for 5mins then roast with a good drizzle of olive oil and sea salt. Roast until nearly done, drain and bake with the steak. Next get yourself a good handful of wild rocket, wash and leave standing in chilled water to perk up unless fresh picked. Preheat your oven to 240°C/465°F/gas mark 6 or get an iron griddle good and hot but not quite smoking. Pop the meat in the oven on a preheated griddle or iron pan and roast for 15 mins/454g (1lb). On a griddle aim for 8 mins per side for medium. Remove from oven and cover with tin foil whilst plating the potatoes and topping with rocket. Slice the tagliata in bulder's finger sized slices (hence the name) and toss ontop of the rocket and potatoes to serve. Eat with a glass of good red wine. Serves 4.

Buy ingredients @ www.squisito-deli.co.uk