

Grilled onglet with slow cooked turnips & swede and salsa verde

Beef onglet is a popular cut at our restaurants. Its economical but has bags of flavour and an interesting texture. A little marinade in some wine or olive oil helps tenderize it up and adds further interest. We cook the vegetables slowly in foil with herbs and butter and finish the dish with a tangy salsa verde. Vary the herbs according to your taste but ensure theres a good amount of flat parsley to ensure a vibrant colour.

Serves 4 as tapa

200g beef onglet, trimmed weight
2 turnips, peeled
Half a swede, peeled
2 sprigs of thyme
1 clove of garlic
20g unsalted butter
200ml red wine
Sea salt and black pepper

Salsa verde

20g picked flat parsley
10g each of mint, basil and tarragon
1 salted anchovy
1 clove garlic
150ml olive oil
4g minature capers
Sea salt, pepper and lemon juice to taste

Method

Marinate the beef in the red wine for at least two hours. Heat a grill or griddle pan to maximum heat. Heat an oven to 120oc.

Evenly dice the vegetables and place in an envelope of aluminum foil along with the butter, thyme and seasoning. Place in the oven and cook for at least 1 hour or until the vegetables are very tender but not falling apart.

For the salsa verde blend all the ingredients together until you have a fairly smooth puree and season to taste. Reserve at room temperature.

Remove the beef from the wine and season well. Rub with oil and then grill on all sides until caramelized and medium rare on the inside. Rest for at least 3 minutes before slicing the meat.

Serve the meat over the root vegetables and then spoon over some salsa verde. Serve.