



Slow cooked beef

Ingredients

(This dish can serve 4 people but depends on the carnivorous nature of your guests!)

800g of finest organic fillet of beef

Rosemary

Sage

Thyme

Bay leaves

Oregano

1 clove of garlic

salt

pepper

8 thin slices of Proscuitto crudo (row ham)

Prepare a mix of the following fragrant herbs in a bowl; a large handful of fresh rosemary, sage, thyme, bay leaves and oregano. Add the salt and pepper and clove of garlic and mix these intense and fragrant herbs into an “aromatic salt.” (This aromatic salt can be placed in a glass jar and kept in the fridge to be used for all kinds of food.) Meanwhile, firm the fillet by tying with a string – just three times – and take a piece of aluminium foil or baking paper and place the herbal mix on the paper and cover the fillet of beef in the herbs. Then place the beef on a baking pan, add 5-6 spoons of olive oil and roast the meat on a high heat the hob for 5 minutes. This is the only time the meat will be cooked over a high heat.

Then take the beef and wrap with the thin slices of proscuitto. By covering the meat in this way, the intense fragrant herbs are absorbed more fully by the meat. Then place in the oven for one hour at the low heat of 80 degrees celcius. The meat will emerge a beautiful intense pink colour throughout. Bellissima!