

Aged Rump With Grilled Vegetable Salad And Anchovy Butter



The Beef

Ingredients

- 2 600g Slices Of King Island Trading Rump (About 4-5cm Thick)
- Sea Salt
- 300g Anchovy Butter (See Below)
- Olive Oil

Method

1. Make a fire or turn on the gas barbecue.
2. If using a wood fire wait until the fire has died down to very hot embers.
3. Brush the steaks with olive oil and season with sea salt.
4. Place on the heated grill.
5. Cook on one side for about 10 minutes, flip and cook for a further 8 minutes on the other side.
6. Transfer to a plate, and allow the meat to rest in a warm place for 15 minutes.

Salad

Ingredients

- 100ml Olive Oil
- 2 bunches Asparagus
- 1 ladle Spanish Onion (Cut Into 1cm Rings)
- 3 Garlic Cloves (Minced)
- 6 large Field Mushrooms
- 5 Pink Eye Potatoes
- 80ml Extra Virgin Olive Oil
- Juice Of 2 Lemon
- Sea Salt & Freshly Ground Black Pepper

Method

1. Rub the grill with an oily rag or cloth with some olive oil.
2. Oil the asparagus and place on the grill. Cook for 3 minutes, turn, and cook for a further 2 minutes. Remove from the grill
3. Place the Spanish onions on the grill with some oil and put the minced garlic on top.
4. Oil the field mushrooms and put over the heat. Turn after a few minutes and when they have softened transfer to a bowl.
5. Cut the asparagus in half on an angle and place in the bowl with the onions, garlic and mushrooms.
6. Cut the potatoes (they should still be warm) and add to the mix.
7. Add the extra virgin olive oil, lemon juice, sea salt and pepper.
8. Divide the asparagus salad into neat piles between 6 large white plates.
9. Cut the beef into thin slices and place over the salad.
10. Pour the juices from the meat plate over the beef
11. Place a slice of butter on top of the meat and grind over some pepper.
12. Serve immediately.

Anchovy Butter

Ingredients

- 120g Anchovies
- 250g Unsalted Butter
- Lemon Juice
- Freshly Ground Pepper

Method

1. Puree the anchovies and butter in a food processor until well incorporated.
2. Add the lemon juice and pepper.
3. Roll in foil into a sausage shape or put in a container and refrigerate.
4. Cut into 6 pieces and serve at room temp

Recipe brought to you by Peninsula Bulk Meats