

Parmesan gratinated beef sirloin, artichoke hearts, mushroom, caper, basil pesto, guacamole, pickled aubergine

Serves 4

Chef's notes: For this dish it is better to make the pickled Aubergine first then the gratinated beef. The dish can be assembled while the beef is cooking so when it is ready, it can go straight on the plate and to the table.... Good luck and happy cooking!

Gratinated sirloin

Ingredients:

- 2 x 200g sirloin steaks
- 4 x artichoke hearts (1 tin)
- 8 x button mushrooms
- 30g chopped capers
- 1 x small jar of ready-made basil pesto
- 1 x small tub grated parmesan
- 1 x small tub of ready-made guacamole – for the plate

Method:

1. Remove the fat from the sirloin and cut in half
2. Use a tenderising mallet or back of a large heavy serving spoon to bat the halves to about 0.5cm high trying to keep them square. Season with salt and pepper
3. Rub the flattened steaks with some basil pesto
4. Slice the artichoke and place the slices one after the other running down the steak, use 1 artichoke heart per piece of beef
5. Sprinkle on some chopped capers
6. Slice 2 button mushrooms per piece of beef and do the same as with the artichoke
7. Sprinkle parmesan cheese on top of the mushrooms till completely covered
8. Place under the grill till the cheese has melted and gone golden brown, the meat should be rare, then serve

Pickled aubergine

Ingredients:

- 2 x large Aubergine
- 1 x small red onion peeled and diced
- ½ teaspoon turmeric
- ½ teaspoon curry spice
- 1 x teaspoon chopped garlic
- 1 x teaspoon chopped ginger
- 1 x teaspoon brown sugar
- 50ml sherry vinegar
- 150ml olive oil
- Salt and pepper

Method:

1. Cut the top off the Aubergine and dice
2. Place a pan on a low heat and lightly fry the onion, garlic, ginger and spices for two to three minutes being careful not to burn them
3. Increase the heat to high and add the Aubergine
4. Cook till the Aubergine is soft then add the sugar
5. Add the sherry vinegar and cook till it is all evaporated
6. Season with salt and pepper to taste
7. Remove from the heat and allow to cool

To Plate

1. Put a table spoon of guacamole on the left hand side of the serving plate and drag left to right with the back of a spoon
2. Put the beef in the middle of the plate
3. Spoon a line of pickled aubergine along the side of the meat
4. Garnish with some soft herbs or micro leaves