

marinated carpaccio

450g well-hung fillet of beef

MARINADE

5 tablespoons good olive oil

juice of 1 lemon

small handful each of fresh thyme and rosemary

salt and freshly ground black pepper

2 small crushed dried chillies or a pinch of chilli flakes (optional)

2 cloves of garlic, crushed

TO SERVE

good olive oil

lemon juice

salt and freshly ground black pepper

shavings of parmesan

You will also need some baking parchment and a rolling pin for thinning out the carpaccio.

Marinate the meat for at least 2 hours or overnight in the fridge. Heat some oil in a heavy-bottomed frying pan or griddle pan until it begins to smoke. Wearing an apron, roll the meat in the fat, browning it all over. Remove the meat from the heat and place on a plate in the fridge for at least an hour. The colder the meat, the easier it is to slice.

Using a very sharp carving knife, slice the meat as thinly as you can and place each piece between two sheets of baking paper. Roll with the rolling pin. The meat will thin out until it is almost transparent. Gently lift each piece off the paper and place on a plate. Allow 3 to 4 slices per person. Serve with very good olive oil, salt, pepper and lemon juice. You can also serve with a little shaved parmesan or some dressed green salad.

PAIR WITH *Chrismont LA ZONA Marzemino 2004*

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