



Lightly Dressed Lockyer Larder

By Alastair McLeod

- Flatiron of beef, celery heart, Dutch cream scallops
- Spiced eye fillet of beef, pumpkin caponata

Flatiron of beef, celery heart, Dutch cream scallops

Ingredients	Method
1 celery heart 2 tbs extra-virgin olive oil Sea salt and freshly milled pepper 65ml cider vinegar 1 small calotte of beef 750g flatiron of beef, well-trimmed 2-3 tbs black peppercorns, cracked Sea salt 50ml brandy 100ml jus 100ml cream	Cut a thin slice from the base of each celery heart, leaving the stalks attached. Trim the tops so the hearts measure 15cm long. Slice each heart in half lengthwise then into quarters. Whisk vinegar, honey and mustard until blended; set aside. Heat oil in a large deep fry pan over medium heat. Add the celery hearts cut-side down. Cover and cook, turning once, until lightly browned and tender - 8 to 10 minutes. Season with salt and pepper. Increase the heat to medium-high and add the vinegar mixture; bring to a simmer and continue to cook until the liquid is reduced and syrupy, about 4 minutes. Meanwhile, encrust the steak by pressing on the cracked peppercorns then season with salt. Place into a preheated pan for 3 minutes each side. Remove from the pan, cover and keep warm. Flambé with brandy. Add the jus and scrape up the caramelised juices. Add cream and reduce to a sauce consistency. Slice the steak and arrange on plate with celery hearts and sauce. Serve scallops separately
	Serves 4

Dutch cream scallops

Ingredients	Method
100g flour 100g cornflour 1¼ tbs baking powder 200ml sparkling mineral water 800ml cream 2 tbs truffle paste Sea salt and freshly milled pepper 3 large potatoes cut in 1cm thick slices Vegetable oil for deep frying	Mix flours and baking powder together, make a well and slowly whisk in the mineral water until you have a thick, smooth batter. Cover and set aside. Preheat oven to 230C. Bring cream to the boil in a large saucepan, stirring occasionally. Take off the heat, add truffle paste and season. Line a 26cm x 20cm x 6cm baking tray with baking paper, including the sides, then pour in the cream mixture. Arrange potato slices in the tray in a single layer, then cover with baking paper and foil. Pierce 5 holes in the foil, then bake until just tender but still firm (25-30 minutes; when tested with a skewer the potato should give a bit of resistance). Leave to cool in the liquid (1 hour). Once cool, carefully remove potato from the cream and place on a tray. Keep the cream to make mashed potatoes another day. Heat oil to 160C in a deep fryer. Dip the potato slices in the batter, shaking off excess, and deep-fry in batches, turning occasionally, until golden (2-3 minutes). Sprinkle with salt and serve immediately.

Spiced eye fillet of beef, carrot caponata, yoghurt

Ingredients	Method
2 cinnamon quills 50g coriander seed 50g cumin seed 50g fennel seed 50g mustard seed 25g fenugreek seeds 5 green cardamom pods 1 star anise 2 cloves 4 x 170g eye fillets Natural yoghurt, to serve	Place a dry, heavy bottomed frying pan over low heat, add spices and cook, stirring frequently to toast them. The seeds are ready when they start to pop. Remove from heat and grind to a fine powder. Roll steak in spice mix to generously encrust. Cook on a preheated BBQ for 4 minutes on each side, resting for 4 minutes before carving. Serve with caponata and a generous dollop of yoghurt.

Caponata

Ingredients

500g carrot, peeled, seeded and cut into 1cm cubes
1 onion, finely diced
3 garlic cloves, minced
1 red chilli, finely diced
1 tsp sugar
1 tsp cinnamon
1 400ml tins whole roma tomatoes
100g raisins or sultanas
2 tbs red wine vinegar
1 tbs sugar
¼ small bunch Italian parsley, chopped
Sea salt

Method

Sweat carrot, onion, garlic and jalapeno; cook until lightly browned. Sprinkle with sugar and cinnamon and cook 2 minutes more. Stir in tomatoes, raisins, vinegar and 2nd amount of sugar and simmer 15 minutes. Stir in parsley and season to taste with salt.