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by BBC Good Food Show

Seared Prime Aniseed and Beef



Ingredients

750 g tournedos of beef
2 clove sliced garlic
20, leaves rosemary picked
20 slices bresoala
3 tbsp. olive oil
2 sticks, finely chopped celery
1 red onion, finely chopped
200 mls pasata tomatoes
1 pint dark veal stock
7 star aniseed
For the polenta
8 oz. butter
2 pts. milk
250 g instant polenta
250 grated parmesan
For the Black cabbage
2 heads, stems removed
5 Garlic cloves

Preparation

1. For the beef: make small incisions in the steak with a sharp knife and press the garlic and rosemary leaves into the gaps. Season with salt and pepper.
2. Preheat the oven to 200C fan/gas 6.
3. Heat 2 tablespoons olive oil in a casserole and brown the meat on all sides. Remove and set aside.
4. Tip the celery and onion into the pan and cook until softened. Add the tomatoes and veal stock cook down until the volume of liquid has reduced by half.
5. Return the beef to the pot cover with foil and place in the oven to cook for 20 minutes.
6. For the polenta: make the polenta with milk according to the packet instructions. When it is cooked, stir in the butter and cheese and keep warm.
7. For the black cabbage: blanch in a large pan of boiling, salted water for 6 minutes, and then drain well.

8 Heat a little olive oil in a frying pan and fry the garlic clove and blanched cabbage until warmed through. Discard the garlic.

9 To serve, carve the beef Divide the polenta plates and add a spoonful of cabbage to each. Top with the beef and spoon over the cooking juices.

Cooks Note

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