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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 bresola
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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