



ITALIAN

Tagliata di Manzo

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	10 min	12 min	Grill	Flat iron

Ingredients

- 800 g (1¾ lb) flat iron steak, in 2 pieces about 3 cm (1¼ in) thick
- 1½ tsp coarse salt
- ½ tsp black pepper
- 2 tbsp olive oil, plus more to finish
- 100 g (3½ oz) rocket (arugula)
- 150 g (1 pint) cherry tomatoes, halved
- 50 g (½ cup) shaved Parmesan
- 2 sprigs rosemary, leaves chopped
- 1 tbsp balsamic vinegar
- Flaky salt, to finish

Steps

1. Bring the steaks to room temperature for 30 minutes. Pat dry and season with the coarse salt, pepper and half the olive oil.
2. Heat a grill or heavy ridged pan to high.
3. Grill the steaks for 3 to 4 minutes per side, turning once, until well charred and 52°C (125°F) in the centre.
4. Scatter the rosemary over the hot meat and rest it for 8 minutes on a board.
5. Slice against the grain into 1 cm (⅜ in) strips, collecting the juices.
6. Pile the rocket and tomatoes on a platter, lay the sliced beef on top, and shower with Parmesan.
7. Drizzle with the remaining oil, the balsamic and the meat juices. Finish with flaky salt.

Notes

- **Variation:** swap the balsamic for lemon juice for a brighter finish.
- **Other cuts:** sirloin and ribeye are the usual choices in Tuscany.
- **Serving:** good with roast potatoes.
- **Shortcut:** pre-washed rocket and pre-shaved Parmesan save the prep.
- **Make ahead:** the sliced beef is also good at room temperature; dress the rocket only at the last minute.