



## Beef Tagliata

In Italy, steak is usually served sliced into strips, which I think looks much more appealing than a big slab of meat on the plate. It's called bistecca tagliata – tagliata meaning 'cut'. Steak tagliata is often served with a salad of rocket and parmesan, but any salad works well. Some recipes marinate it while others don't, and any cut of steak can be used. It's quick and versatile.

**Serves 4**



### INGREDIENTS

- 4 x 250g sirloin steaks
- Extra virgin olive oil, for drizzling
- Salt flakes, to taste
- Salad, for serving
- Lemon wedges, for serving
- Crusty bread, for serving

### METHOD

1. Remove steaks from the fridge 30 minutes or so before cooking, to bring them to room temperature.
2. Heat a barbecue or char-grill pan.
3. Drizzle steaks well with oil, rubbing it all over both sides. Sprinkle both sides generously with salt.
4. Cook steaks for about 3 minutes each side for medium-rare, or to your liking.
5. Place steaks on a warm plate, cover loosely with foil and set aside to rest for 5 minutes.
6. Cut steaks on the diagonal, against the grain, into slices about 1cm thick.
7. Arrange on plates, drizzle with oil and serve with salad, lemon, bread and a sauce if you like.