



Carpaccio with parmesan crisp

This dish makes a lovely lunch or evening meal particularly in the summer. You may like to keep it for a weekend treat. Ideal for weight loss or weight maintenance.

Ingredients

- 1/2 tsp coriander seeds
- 1/2 tsp cumin seeds
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 500g tender, good-quality fillet or sirloin steak
- 2 TBS extra virgin olive oil
- 1 lime-sized piece parmesan cheese
- 1 TBS creme fraiche or fromage frais
- Handful rocket leaves
- 1 TBS balsamic vinegar

Serves 4

Method



1. Grind the spices, salt and pepper together and rub well into the steak
2. Sear the meat in a hot pan for 1 minute with 1 TBS olive oil
3. Remove from the pan, let it cool, then wrap in clingfilm and put in the fridge
4. Grate the parmesan as finely as possible and sprinkle an even layer into a hot, non-stick pan. It will bubble and go slightly golden
5. Slide it off with a spatula and leave on a sheet of kitchen paper. As it cools, it will crisp up.
6. Slice the meat finely (you can place each slice under some clingfilm and hit it with a rolling pin if you would prefer it extra fine)
7. On a big plate, arrange with blobs of creme fraiche/fromage frais, scattering the rocket on top, drizzled with the balsamic vinegar and the remaining olive oil, then season
8. Break the parmesan crisp into pieces and sprinkle on top
9. Serve immediately



The Grange
Welford Road
Long Marston
Stratford upon Avon
Warwickshire
CV37 8RH

07778 218009