



Bresaola Carpaccio with Rocket Leaf

Serves: 4 | Prep: 10 min | Source: #ParlezPantry

Do not over complicate this, less is more.

Thin slices of an air dried beef fillet, drizzled with oil, lemon juice, and grated Parmesan. Originating in the alpine valley of Valtellina, not far from Milan, bresaola is a beef fillet which is first cured in salt and spices, and then hung to dry for at least 30 days.

Rocket is popular all over the world. Also known as arugula, roquette and rucola, it's known for its pungent and peppery flavours. It might look like an unassuming leafy vegetable, but the reasons for its taste, health benefits and whether we like it all comes down to genetics.

Ingredients

- 400 g bresaola (thinly sliced)
- Up to 1.5 cups rocket
- ½ Lemon (juiced)
- 4 tbsp Parmigiano Reggiano (finely shaved)
- Up to 1.5 tbsp extra virgin olive oil
- ½ tbsp balsamic vinegar
- Black pepper to taste (pinch)

Notes

In 1950, at Harry's Bar in Venice, Italy, Giuseppe Cipriani created Steak Carpaccio for one of his guests, Countess Amalia Mocenigo, whose doctor recommended she eat raw meat. He was later inspired to serve something innovative to his other guests, so Carpaccio gravitated to the main menu.

Cipriani's philosophy was to treat the patrons the way he wanted to be treated. And he also liked switching things up in the kitchen. Because of the deep red colour of the raw, thinly sliced steak, he named the dish after one of his favorite artists – Vittore Carpaccio – who frequently incorporated red hues into his paintings.



Method

1. Take your bresaola and either use a meat slicer (which is what I do) or you could slightly freeze the meat first to assist in finer cuts. Use a long bladed carving knife and try to make as few back and forth motions as possible.
2. Once sliced either use the blade of a knife or cling film and a rolling pin to flatten and make the slices as thin as possible.
3. Arrange the bresaola slices slightly overlapping on a large platter or individual plates before drizzling with the lemon juice. Add a pinch of pepper to taste, but not salt, since the bresaola has already been cured.
4. Place the rocket in a bowl and add a little olive oil and lemon juice and dress the plates.
5. Finally shave some Parmigiano Reggiano on top of the rocket, dress with a little olive oil if required and serve immediately.