Recipe card

Sokołów roast beef steak oil

SALAD:

1 bunch baby beet leaves fennel 2 apples spinach iceberg lettuce

DRESSING:

200 ml extra virgin olive oil 100 ml vinegar 50 ml apple juice salt and pepper

PUREE:

5-6 large potatoes for grilling 100 g butter 100 ml milk nutmeg salt and pepper grated parmesan cheese

PREPARATION:

- 1. Brush the potatoes with oil, salt them generously and place them on the grill at an intermediate temperature (160°C).
- 2. Vegetables for the salad cut the fennel and apples into smaller pieces, then brush themand the beet leaves with oil.
 - **3.** Put a piece of wood in the charcoal grill, place it on the embers to turn up the flavour and aroma of the vegetables. On the side where the temperature is higher, grill the hard salad ingredients for 2-3 minutes.
 - 4. Remove the roasted vegetables and divide them into smaller pieces. Add spinach and chopped iceberg lettuce.
 - **5.** Prepare the dressing by mixing all the ingredients.
 - **6.** Brush the steak with oil and add salt. Place the meat in the hot temperature part of the grill (min. 250°C). Then transfer the pieces to a zone with an intermediate temperature(max. 160-180°C), to cook it also on the inside.
 - **7.** Remove the potatoes from the grill and mash them with a potato masher. Add the remaining puree ingredients. Mash thoroughly.
 - 8. Mix the salad with the prepared dressing.
 - 9. Remove the meat from the grill, serve with salad and puree.

TIP:

When grilling steaks, always make sure you have two temperature zones - high (at least 250° C) and low (max. 180-200°C). Use the first to roast the steak very briefly and the second to cook it on the inside. The order does not matter, but it is important that the low temperature is as low as possible. You don't want to dry the meat.