



STEAK WITH OYSTER MUSHROOMS AND SALAD

INGREDIENTS:

2 eggplants
handful of oyster mushrooms
handful rocket
1 Sokolow entrecôte steak
handful cherry tomatoes
a couple of walnuts

DRESSING:

1/2 cup soy sauce
juice and zest from 1/2 lemon
1-2 tablespoons of dried tuna bonito flakes
some kombu seaweed

PREPARATION:

1. Pierce the eggplants with a knife and then place them directly on the burning coal. When the peel is burnt, turn the eggplants.
2. Put the kombu seaweed (do not eat it - it only role is to add a unique flavour to the dressing) and the bonito flakes into a bowl. Add the soy sauce, some water, and the lemon zest and juice. Mix the ingredients and heat them on the grill.
3. Cool the eggplants. Brush the steak with oil and put it on a hot grill together with the oyster mushrooms and tomatoes. To prepare a perfect steak, it is worth using a thermal probe (the ideal temperature of the meat inside is 50-60°C).
4. Remove the meat from the grill to rest. Peel the eggplants. Put the rocket, eggplant flesh, chopped oyster mushrooms and walnuts into a bowl. Pour dressing over the ingredients. Cut the steak into slices, drizzle with the dressing and serve with the salad and grilled tomatoes.