



Carpaccio of beef on a polenta base with rocket, truffle oil and Grana Padano shard

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Method - Makes 24-30 pieces

Ingredients

250g Trimmed fillet of beef
(fat end)
2 tsp Mustard seed
1 tsp Truffle paste
4 tbsps Olive oil
175g Polenta
50g Butter
1 tsp Salt
0.5 Lt Water
0.25 Lt Milk
150g Grana Padano
Salt and pepper to taste
1 Bunch of rocket
10 Grana Padano shavings
Truffle oil to drizzle

- Crush the mustard seeds roughly and mix with the truffle paste, olive oil and black pepper to taste.
- Roll the beef fillet in the mixture until totally coated.
- Take a piece of cling film and roll the fillet in this, twisting the ends tightly to make a tight sausage shape. Tie knots in the cling film to stop it unravelling. Freeze until needed.
- To make the polenta bases, you need to put the water, salt, milk, butter and polenta into a pan and heat whilst stirring all the time until the mixture starts to bubble and come away from the sides of the pan.
- Add the Grana Padano, a few drops of truffle oil and more seasoning if necessary.
- Pour into a lined Swiss roll tin (9 ½" x 13"), cover with cling film and chill in the fridge overnight.
- You need a 1 ½" (4cm) circle cutter to cut out the bases. Brush with a little olive oil & char grill on both sides, do not overheat or the polenta will start to collapse.
- To put your canapé together, you need to thinly slice the carpaccio (whilst frozen) and place each slice onto a lined tray to defrost.
- Pick the rocket and place a nice sized leaf on to each base followed by a slice of carpaccio that you have slightly ruffled so as not to look flat.
- Place a shard of Grana Padano on top with a drizzle of olive oil and a grind of black pepper and serve.

"This is my favourite thing – I eat it all around the world but ours is the best. The Grana Padano in the polenta is fabulous. A must have and is our pole position!"

Lyndy