



Steak Carpaccio

Chef Wayne
(Serves 6 as Tapa)

Ingredients:

1 (10-oz) piece beef tenderloin
2 tbsp extra-virgin olive oil
Salt and freshly ground black pepper
2 cups lightly packed fresh arugula or fresh baby spinach
½-oz shaved Parmesan
2 tbsp fresh lemon juice

Directions:

Tie the beef tenderloin with kitchen twine to help maintain its shape, then freeze the tenderloin until frozen (this ensures that the center stays rare when cooking a small piece of meat).

Then, heat 1 tbsp of oil in a heavy small skillet over high heat. Rub the frozen beef with salt and pepper.

Add the beef to the hot skillet and sear on all sides, about 4 minutes total (the beef will be just barely seared on the outside but will remain rare).

Freeze the beef until it is almost frozen, about 1 hour (this makes it easier to cut into very thin slices).

Using a large sharp carving knife, slice the beef as thinly as possible.

Arrange the arugula and Parmesan shavings on a serving platter and lay the beef slices on top. Drizzle with the remaining olive oil and lemon juice.

Sprinkle with salt and pepper and serve.

Alternative: Use 6 ounces of thinly-sliced Bresaola instead of the tenderloin. Do not cook the Bresaola. Serve it as you would the tenderloin, above.

Recipe courtesy Giada De Laurentiis