



SCHOOL OF CULINARY  
AND HOME ARTS

Lismullin Hospitality Services Centre

## STEAK WITH TOMATO SALAD

### Ingredients:

|     |        |  |
|-----|--------|--|
| 1   | tblsp. | Wine vinegar                             |
| 3-4 | tblsp. | Olive Oil                                |
| ½   | tblsp. | Chopped Parsley                          |
| ½   | tblsp. | Chopped Chives                           |
| ½   | tsp.   | Sugar                                    |
| 1   | Oz     | Black Olives, finely chopped             |
| 1   |        | Beef tomato                              |
| 1   | Oz     | Shallots                                 |
| 2   |        | Striploin Steaks                         |
| ½   | tub    | Ricotta Cheese                           |
|     |        | Salt & fresh ground black pepper         |
|     |        | Chopped fresh parsley to garnish         |
|     |        | Rocket and toasted ciabatta to accompany |

### Directions

1. Combine the vinegar, 2 tblsp. oil, herbs, sugar and olives in a small bowl and season well. Slice the beef tomato and arrange on two dinner plates. Spoon the dressing and the shallots over and leave to one side.
2. Prepare the steaks by batting them out slightly and cutting off some of the fat from around the edge. (Leave some fat which helps with the flavour). Season with ground black pepper.
3. Heat the remaining oil in a pan, and when the pan is very hot, add the two steaks. Don't turn them until you see the blood coming out from the top of the meat. This normally happens after a

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minute or so. Turn them and at this stage season with salt. (Only turn the steaks once, over- turning can cause the juices to come out and you end up stewing the steak instead of frying it.) Cook for 30 seconds only.

4. Place a spoon of ricotta on top of the tomato salad and place the steak on top of the ricotta.
5. Decorate with fresh parsley, rocket leaves and serve with the toasted ciabatta.