

## **SEARED STEAK & WILTED WINTER GREENS SALAD WITH MINT DRESSING**

### **INGREDIENTS**

250 grams sirloin steak  
4 tablespoons olive oil  
200 grams Brussel sprouts, quartered  
1 cup thinly shaved cabbage  
½ bunch Chinese cabbage chopped  
2 handfuls baby spinach  
2 spring onions, thinly sliced  
2 big leaves silverbeet or kale, stems removed, leaves roughly torn  
Salt & pepper  
½ cup roasted pine nuts  
Microgreens

### **DRESSING**

2 cloves garlic, crushed  
4 tablespoons olive oil  
2 tablespoon Dr Butcha cucumber mint  
½ teaspoon dried tarragon  
2 tablespoons finely chopped mint leaves  
salt and pepper

### **METHOD**

**Steak:** Season the room temperature steak with olive oil & salt. Preheat your pan on medium high, sear steak on both sides (3 minutes per side) Set aside to rest.

**Dressing:** Place all the dressing ingredients together in a jar and shake vigorously to combine. Set aside.

**Vegetables:** Heat 1 tablespoon olive oil in a medium size pan, add the Brussel sprouts, fry until slightly caramelized next add the cabbage, then all the other greens, lightly sauté to just wilt the greens. Careful you do not overcook.

Add a small amount of dressing to season the vegetables making sure everything is coated.

Reserving a portion of dressing.

Transfer to a serving plate, top with the seared steak slices, pine nuts and a drizzle of dressing. Garnish with micro greens.

**Note:** I have often added some Mount Eliza Blue Monkey cheese to really lift this salad to the next level.

**Created by Lavish Foods NZ**

## **Shechamandy: Georgian Mushroom & Walnut Soup**

### **Ingredients**

#### Stock:

2 onions, roughly chopped, (use entire onion)  
1 carrot, roughly chopped  
1 celery stick, roughly chopped  
1/2 tbsp roughly chopped fresh tarragon leaves & stalks (use ¼ tspn dried if fresh is not available)  
1 tbsp roughly chopped fresh parsley leaves & stalks  
1 tbsp roughly chopped fresh dill fronds & stalks  
1 tbsp roughly chopped fresh coriander, leaves & stalks

#### Mushroom Base:

Knob of butter  
Vegetable oil for frying  
250g assorted mushrooms  
½ onion, finely chopped  
2 garlic cloves, crushed  
1 red chilli, finely chopped  
1 tbsp fine cornmeal or polenta  
150g walnuts, roasted, finely chopped  
Salt & Pepper for seasoning  
Microgreens for garnish  
Fresh Baguette

### **Method**

#### Stock:

Start with coarsely chopped onions, toss into a stock pot, including the peel and outer layers for a richer stock. Add the roughly cut carrots, celery and herbs, cover with 1.5 litres of cold water, season with salt and pepper, bring to the boil, then turn down and simmer for 25-30 minutes. Let cool, strain and reserve.

Stock will keep in a sealed glass container for 5 days in the fridge.

#### Mushroom Base:

In a large frying pan heat the butter and a splash of oil, gently sauté mushrooms till slightly brown, season with Salt & Pepper. Remove from the pan and set aside.

In a large pot, heat a dash of oil, lightly brown onions, add garlic, chilli and cornmeal, stir to blend, cook for 2 minutes.

Now add the walnuts, stock and mushrooms, stir to combine, cook for further 10 minutes. Season to taste with Salt & Pepper. Ladle into warmed bowls, top with microgreens.

Serve with crunchy fresh baguette.

Note: the stock can be used as a base for many delicious soups and sauces, just experiment with different herb and vegetable combinations.

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