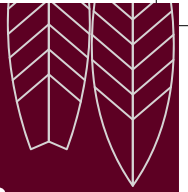


Arum Nixon's

Perfect Steak with Celeriac Mash and Watercress Salsa

My best tip for perfect steak – buy the best steak you can. This method is called 'reverse searing' where the steak is cooked through first then seared on the outside; it'll get you perfectly cooked meat every time. With steak this good, keep the sides simple – here's a creamy celeriac mash and zesty salsa verde, two of my favourites.



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Arum Nixon's

Perfect Steak with Celeriac Mash and Watercress Salsa

Ingredients

- 2 steaks of your choice
- Salt and black pepper, to taste
- 1 tbs olive oil

For the Mash:

- 500g celeriac, peeled and cut into 2-3cm cubes
- 30g butter
- 100ml cream
- 1 dessert spoon Dijon mustard
- Salt to taste

For the Salsa Verde:

- 1 large bunch watercress, leaves picked
- 3 tbs olive oil
- 4 anchovy fillets
- 1 small clove garlic, peeled
- 2 tsp capers
- Juice of ½ lemon
- 1 tsp Dijon mustard
- Salt to taste



Method

1. Preheat the oven to 130 degrees. Season the steak well with salt and black pepper, and place on a cooling rack over a baking tray. Place in the oven and cook for 30-45 minutes, check regularly, ideally using a thermometer. When cooked, remove from the oven and allow to rest.
2. Meanwhile, make the celeriac puree. Place the celeriac in a pot of salted boiling water, and simmer for 15-20 minutes, until soft. A knife should cut through a piece easily without resistance. Drain well and add to a blender or food processor with the butter, cream and mustard. Blend for 2-3 minutes, stopping to scrape down occasionally to ensure a completely smooth puree. Season as needed, then set aside.
3. To make the salsa verde, add all the ingredients to a food processor and pulse until it forms a coarse sauce. Adjust the seasoning and set aside until needed.
4. To finish the steak, add the oil to a heavy griddle pan over a very high heat. When really hot, carefully add the steaks and sear on each side, until well caramelised - this should take no more than a minute on each side. Serve immediately.

Tips and Tricks

- Try to buy steaks cut thick, at least 2-3 cm - that way they'll be perfectly cooked inside with a dark, caramelised crust. It's best to buy them cut to order from the butcher.
- Rare - (50°C)
- Medium rare - (55°C)
- Medium - (60°C)
- Medium well - (65°C)
- Well done - (70°C)
- Take meat out of the fridge an hour before you cook it to bring it up to room temperature.

Serves 2

