



**Flat Iron steak with ketchup salad**  
**Chef Jared Ingersoll**

Amount	Ingredients
800 grams	Flat iron steak
4 tblsp	Black pepper
1 tblsp	White pepper
1 tblsp	Coriander seeds
2tblsp	Salt
2	Punnet cherry tomato, cut in half
1	Green apple
4	shallots, peeled and thinly sliced
	A few sprigs parsley, chopped
90 mls	Cider vinegar
50 ml	Pomegranate molasses
1 tblsp	Smokey paprika
110 mls	Extra virgin olive oil

**Serves 4**

**Method:**

Toast the peppers and coriander seeds together over a gentle heat until they just start to smoke and ever so slightly change colour. When cool grind them coarsely and add the salt.

Place the flat iron onto a tray and season heavily with the spice mix.

Place a small amount of vegetable oil in a large hot frying pan. Once pan and oil are hot place the flat iron steak in it, sear at a medium high heat on one side for about 7 minutes and then turn over and cook the other side for a further 5 minutes. This will cook the steak medium and the steak will be juicy and soft. Once cooked, rest the steak for 10 minutes

For the salad place the shallots into a bowl and season with salt. Leave for about 30min to pickle, then add all of the other ingredients together, taste for seasoning.

Cut the Flat iron into 3 to 4cm pieces and arrange on a plate, spoon the salad next to the salad.

(Note: the Flat Iron will keep at temperature for a good while, in fact likes a good long rest. Use this to your advantage by cooking pieces in advance just before busy periods and then simply slicing to order)



## Chop Lamb' and coleslaw Sandwich

Chef Jared Ingersoll

### Chop Lamb

Amount	Ingredient
1	Whole lamb shoulder or neck bone in
1	Onion
¼	White cabbage
1	Celery stick
½	Bunch green spring onions
To taste	Salt
80 mls	White vinegar
1	Red chilli
	A few mint leaves
	Mayonnaise
	Sugar
	Your choice of bread or wrap

### For dry rub

Amount	Ingredient
1 tblsp	Salt
1 tblsp	Onion powder
1 tblsp	Garlic powder
1 tblsp	Paprika
1 tsp	Ground cumin
¼ tsp	Chilli powder

### Serves 4

#### Method:

Combine all of the dry rub ingredients, and then use this to season the lamb shoulder thoroughly. Then leave over night or for at least 4 hours.

Place the shoulder on a trivet (rack) and then into a large roasting tray then into a hot oven for 25 minutes or until the lamb has started to colour. Reduce the heat of the oven down low and cook the shoulder slowly for a further 2 hours or until the lamb falls off the bone.

When cool enough to handle, strip all of the meat, skin and bits of fat and place onto a chopping board, coarsely chop all of the lamb together.

While the lamb is cooking, finely dice the onion and place into the vinegar with the sugar and boil this until onion is cooked, then mix this through the lamb mixture, mix the lamb and onion well and check for seasoning.

# Masterpieces™



The coleslaw is really simple, shed everything, cabbage, celery, celery leaves, chilli, mint as fine as you can and bind with mayonnaise.

The last step is to put it on your choice of bread or wrap!



**Chuck Rib, Mushroom & Onion Tartine**  
**Chef Jared Ingersoll**

Amount	Ingredient
1	Chuck ribs, sliced through the middle (cook one piece at a time)
8-12	Small field mushrooms
3	Brown onions
	Olive oil
	Salt and pepper
	A few sprigs of thyme
1	Clove of garlic
	Sourdough

**Serves 4**

**Method:**

*For the mushrooms.*

Roast mushrooms cap down on a lightly oiled tray and a little salt in a hot oven until the mushrooms start to show their juice, then allow them to cool.

*For the onions*

Thinly slice onions and place in a cold saucepan with olive oil and salt, then place onto a medium heat and slowly cook and stir every few minutes until the onions have cooked down and start to take a little bit of colour. At the end of the cooking add a few thyme leaves and season with black pepper.

*For the beef.*

Take 1 piece of chuck, lightly oil and season with plenty of salt. Place between 2 pieces of grease proof paper and cook in your sandwich press for no longer than 1 minute or until the beef has sealed and started to colour. Remove the beef from the press and place on a tray to rest, when slightly cool slice into slices – the meat should still be quite rare.

*To cook the Tartine*

Now take a thick slice of excellent sourdough, smear on your onions, arrange your mushrooms and beef, place on a sprig of thyme, piece of garlic if you choose, then top with a piece of sandwich paper, place this in the sandwich press and cook for a further 2 minutes.

The end result should be an attractive looking roasted beef sandwich and the bread should be deliciously juicy from the cooking juices, you may want to serve this with a small salad.

(Note: This is a great way to prepare a delicious steak sandwich with cooked to order results)



**Roasted Lamb Rump and fig salad**  
**Chef Jared Ingersoll**

Amount	Ingredient
1	Lamb Rump, Cap on approx. 280 grams
1	Clove of garlic
	A few sprigs of thyme
	Salt and black pepper
	Drizzle of olive oil
	Toasted bread crumbs
80 grams	Kalamata olives, seed removed and coarsely chopped
2 tblsp	Pomegranate molasses
60 mls	Extra virgin olive oil
	Few leaves of rocket
6 large figs	
	Soft goats cheese

**Serves 2**

**Method:**

Place the lamb rump onto a piece of grease proof paper, season with salt and pepper, few thyme leaves and thin slices of garlic, wrap with the sandwich paper and place in a sandwich press. To cook to a medium rare will take about 12 minutes.

While the lamb is cooking prepare the salad by arranging your figs and a few leaves of rocket on your plate or platter.

In a bowl large enough to rest the lamb in, combine the pomegranate molasses, olives and extra virgin olive oil and season well.

When the lamb is cooked remove from the paper and place in the dressing and allow it to rest for a couple of minutes, then remove the meat, slice and arrange on the figs, drizzle over the kalamata olives and dressing, top with toasted crumbs and if you wish add a few small pieces of soft goats cheese.