

**PRATT'S**  
ENGLISH  
EXTRA VIRGIN  
COLD-PRESSED  
RAPESEED OIL

delicious  
**RECIPES...**  
made with our Rapeseed oil →



# Laverstoke Park

**Buffalo Steak, with roasted beetroot, curly kale, tomato fondue and shallot sauce** – serves 2

## Ingredients

2x 180 buffalo fillet steaks  
300g beetroot cooked & diced  
3tbs rapeseed oil  
10g chopped chervil  
200g curly kale  
10g butter

### Fondue

5 large tomatoes  
Zest of half lemon  
1tsp tomato puree  
50 ml rapeseed oil  
Half a shallot finely chopped  
1 clove garlic finely chopped  
Sprig fresh thyme

### Shallots sauce

2 shallots finely sliced  
4tbs red wine

## Method for preparing tomato fondue

Blanch the tomatoes in boiling water for 20 seconds, then remove and discard the skin and seeds, chop the flesh into small dice. Heat the oil in a pan and sweat the shallots and garlic for a few minutes without colouring and add the diced tomato, tomatoe puree, lemon zest and sprig of thyme. Cook very gently until the moisture has been removed from the tomatoe and you are left with a dry paste. Remove the sprig of thyme and blend until smooth. Season to taste and set to one side (this could be made the day before).

## Method for beetroot

Toss the diced cooked beetroot in the rapeseed oil and add salt and pepper.

## Curly kale

Pick out stalks. Wash and dry, at the last minute wilt down in a pan with a little butter and season to taste.

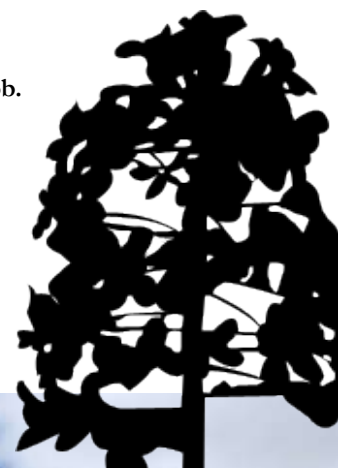
## Shallot sauce

Sweat down the sliced shallots in a pan with a little oil until soft. Put the red wine in and reduce, add this to you best gravy recipe. Set to one side.

## To build the dish

Season the buffalo steaks, sear on each side and place in a pre heated oven and cook as required. Rest for 5 minutes. Place the kale down in the middle of the plate, spoon the beetroot on top, carve the buffalo and place on top of the beetroot. Spoon some tomatoe fondue on top and drizzle some shallot sauce around.

**If you can't get a hold of buffalo fillet good quality fillet of beef will do the job.**



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# Stockbridge mushroom orzo

**Broad beans, pea's rocket, winter tuscanry truffle** – serves 2

Prep time 5 mins . Cooking time 5 mins

## Ingredients

- 400 g orzo (pasta rice) cooked and cooled
- 50 ml Hampshire rapeseed oil
- 300g mixed Stockbridge mushrooms (fundamentally fungus)
- 1 shallot finely chopped
- Half clove garlic finely chopped
- 30g peas
- 30g board beans
- 100g lyburn cheese grated
- 1tsp truffle paste
- 100 ml double cream
- 40g chopped rocket
- Shavings of winter truffle& lyburn cheese

## Method

Sweat the shallot, garlic, and mushrooms in the oil until soft (This can be done before). Add the broad beans & pea's when hot. Add the orzo, double cream, truffle paste and cheese make hot & add the chopped rocket and shave some truffle & cheese over the top.

Serve with some crusty bread from the Lainston bread stall from the Winchester farmers market and if you want to compare how you have done come and try this dish its on the menu at Lainston's avenue restaurant.

