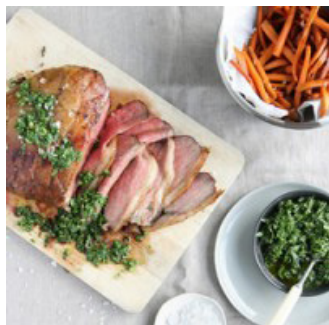


Cape Grim Bistro Rump Cap with Healthy Sweet Potato Fries and Herb Salsa Verde

Serves 4



Ingredients

- 1.2kg piece Cape Grim rump cap, trimmed
- 2 sweet potatoes, peeled and cut into 8mm matchsticks
- 4 tbs extra virgin olive oil

Herb salsa verde

- 1/3 cup (80ml) extra virgin olive oil
- 2 cups flat-leaf parsley leaves
- 1 cup basil leaves
- ½ cup mint leaves
- 2 tsp each Dijon mustard, apple cider vinegar and capers
- 2 anchovy fillets

METHOD:

Preheat oven to 100C. Heat a large frypan over a medium high heat. Score the fat on the rump or ask your butcher to do this for you. Season rump cap with sea salt and freshly ground black pepper and rub over 2 tablespoons extra virgin olive oil. Place the meat fat-side down in the hot pan to brown, about 4-6 minutes. Turn meat over and brown the other side lightly, 3 minutes. Transfer to a baking tray on a trivet and cook 2-2.5 hours, until internal temperature is 64C when tested with a meat thermometer. Cover lightly with foil and let rest on a board for 20-25 minutes.

When the oven is free, increase the oven to 200C. To make fries, combine sweet potato and 2 tablespoons oil in a bowl, season with salt and freshly ground black pepper. Line 2 baking trays with baking paper, divide sweet potato between trays and roast for 20-25 minutes, turning once, until golden and crispy. Transfer to a serving bowl.

Meanwhile, to make the salsa verde, place the ingredients in a food processor or mortar and pestle and blend to form a chunky paste.

To serve, thinly slice beef and serve on a platter, offer herb salsa verde for drizzling.