By: Miguel Ángel Mateos

Veal Carpaccio with fried Morado Garlic.

DIFFICULTY
LOW
*****

COOKING STYLE
MEDITERRANEAN

AMOUNT
4

TYPE OF DISH
STARTER

PREPARATION TIME
20 MINUTES

TYPE OF GARLIC
MORADO GARLIC

INGREDIENTS:

- 4 Morado Garlic cloves
- 2 tomatoes
- 300g of Carpaccio-type veal fillet
- 50g of Parmesan cheese cubes
- 20g of pine nuts
- *Fleur de sel*
- Worcestershire sauce
- Freshly ground black pepper
- Extra-virgin olive oil
- Arugula leaves

STEP BY STEP:

1. Peel the garlic cloves and cut them into strips. Make garlic cubes from these strips. Set them aside.
2. Wash the tomatoes thoroughly, slice them in half and use a short knife to remove the pips, trying to keep the pips intact. Put the pips aside and cut what remains into small cubes of roughly equal dimensions.
3. Use a frying pan with a splash of extra-virgin olive oi to sauté our marvellous Big Garlic until it browns slightly, then take it off the heat.
4. Place the veal fillets in the centre of a round plate (not flat on the plate, but with some volume). Add our sautéed garlic to the meat, along with a moderate amount of oil.
5. Place pine nuts, black sesame seeds, tomato dice, diced Parmesan cheese, a little *fleur de sel* and a few arugula leaves on the Carpaccio fillets, without covering up too much of the meat.

FINISHING THE DISH

7. Add a spoonful of Worcestershire sauce to finish.

8. Lastly, sprinkle a bit of freshly ground pepper and place 2 or 3 tomato hearts on each plate.

CHEF'S TIPS Miguel Ángel Mateos:

- The fried garlic will add a really pleasant touch to the recipe, as it will bring out the meat's own flavour, but it must be added while relatively cold. Otherwise, it will cook the meat wherever it falls.
- The Worcestershire sauce can be substituted for Lea & Perrins sauce, if you can't find it. But it is worth the effort to try this dish with this sauce.
- It's a quick dish, that lets us take advantage of all the ready-made ingredients and the cold-stored covered meat from the freezer or refrigerator, and put the dish together 5 minutes before consumption.

A good, quick dish, sure to go down well with the family or your friends.
Enjoy it with Big Garlic!