

taste it, **love it**



A delicious SPARTA Beef Recipe

Sirloin steak with blue cheese and sundried tomato butter served on root vegetables (serves 1)

Ingredients

- 250 g Sirloin
- 30 ml Olive oil
- 30 ml Balsamic vinegar
- 10 g Blue cheese
- 20 g Butter
- 10 g Sundried tomatoes
- Garlic clove
- 10 ml Meat Rub
- 200 g Potato
- Oil for deep frying
- 50 g Beetroot
- 50 g Leeks
- 50 g Onions
- 50 g Butternut
- 10 g Garlic
- 50 g Carrots
- Salt and pepper
- 60 ml Olive oil
- 1 Rosemary sprig

Preparation

1. Marinade the sirloin in the olive oil and balsamic vinegar for 2 hours, then rub it with the Meat Rub.
2. For the butter mixture, soften the butter, add the blue cheese, sundried tomato and one garlic clove and mix thoroughly. Shape it into a cylinder on cling wrap, roll it tight and refrigerate until hard.
3. Boil the beetroot in salted water until soft. Cut all the vegetables in large pieces and season with salt, pepper, olive oil and garlic. Add the cooked beetroot to the other vegetables, sprinkle with chopped rosemary and roast in the oven for 45 min at 200 °C.
4. Slice the potato into 5 mm x 5 mm thick chips and deep fry in hot oil until crispy.
5. Grill the sirloin on a hot grill/griddle pan as desired.
6. Serve the chips in a cone made from wax paper. Dish up the vegetables on a plate and place the sirloin leaning against the vegetables with the potato chip cone next to it.

Meat Rub

- | | |
|----------------------|---------------------|
| 1 Bunch rosemary | 10 ml Black pepper |
| 60 g Garlic, chopped | 1 Bunch chives |
| 10 ml Cumin | 4 Pieces lemon zest |
| 30 ml Coarse salt | 10 ml Paprika |
| 50 ml Olive oil | |

Crush all ingredients together in a pestle and mortar to form a paste.

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SPARTA Beef is available at the following outlets:

Bloemfontein
 Langenhoven Park Pick n Pay _____ 051 446 4108
 Preller Plein Spar _____ 051 436 1870
 Van Vuuren Wors _____ 051 430 7239

Welkom
 SPARTA Mega Meat _____ 057 355 7546

Contact us at SPARTA:
 Tel: **057 916 7700**
 Email: **contactus@sparta.co.za**
 Web: **www.sparta.co.za**



Recipe developed by
Olive Chef School