

Easy-to-prepare meals and accompanying drinks

Onglet Beef With Chimichurri

BY RACHEL WALKER



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THIS DISH CONTAINS TWO EXCITING ELEMENTS.

Firstly, onglet—a lesser-known and cost-efficient cut of beef. Rich and flavoursome, it's often referred to as “butcher's steak” because it's so delicious that butchers snaffle it for themselves. Onglet can be tough if not cooked properly though. Tenderise the cut first and always cook it rare, or medium-rare at most.

The second ingredient is a delicious Argentinean salsa called chimichurri, which is herby and fresh and tangy. Most people in South America have a strong opinion on what should go in a traditional chimichurri, but this is a solid recipe and goes brilliantly with the onglet.

Serves 4

- 1–1.5kg onglet
- 1tbsp olive oil
- 2 sprigs rosemary
- 30g fresh flat-leaf parsley leaves, finely chopped
- 5g fresh oregano leaves, finely chopped
- 3 garlic cloves, crushed
- ¼ red onion, finely diced
- 1 red chilli, finely sliced

- 30ml red wine vinegar
- 120ml olive oil
- pinch of salt
- pepper

1. Two hours before cooking, use a meat hammer or rolling pin to bash the onglet to tenderise it.
2. Rub the olive oil over the onglet. Bruise the rosemary and brush the meat with the sprigs, then leave



the oiled onglet and herbs in a dish, covered, at room temperature.

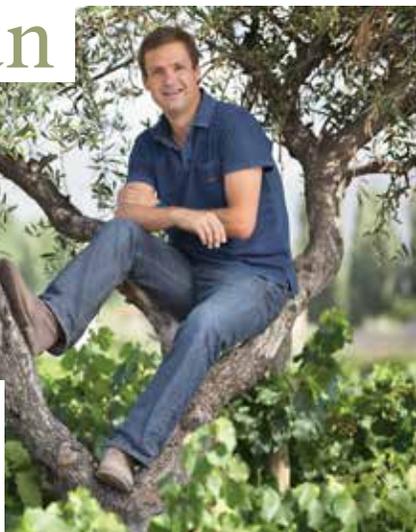
3. Pick the leaves from the parsley and oregano, and chop them finely. Mix the herbs with the crushed garlic, red onion, chilli and red wine vinegar.
4. Stir continually as you drizzle in the olive oil to finish the sauce. Use the salt to season to taste.
5. Preheat the oven to 200C and heat a skillet or griddle pan on the hob. Season the onglet with salt and pepper.
6. Press the meat against the pan, charring each side for 1–2 minutes. Transfer the skillet or griddle pan to the oven for 2–4 minutes (depending on the rareness you can handle, and size/shape of the onglet.) Let the meat rest for 5 minutes.
7. Slice the onglet thinly. Top it with the chimichurri. Serve with sweet-potato wedges, chips or green beans.

PHOTOGRAPHY BY TIM & ZOE HILL

TRY THIS...

Chimichurri is best made a day in advance, and will keep in the fridge for a week. An empty Doritos Salsa Dip jar (300g) is a good size for storing this Chimichurri recipe. Shake before serving.

Argentinean Malbec



EVERYBODY TALKS ABOUT WINE in Argentina all the time,” laughs Aurelio Montes Jr, who left his family’s Chilean vineyards to start his own company in Mendoza—a renowned wine-growing region in neighbouring Argentina.

The history of Chilean and Argentinean wine production couldn’t be more different. Steady Chilean companies have long dominated the South American market. Meanwhile, Argentina produces five times the amount of wine—but until recently, exported hardly any.

“The arrival of big beer brands is what shook up the market,” explains Montes. Suddenly Pilsner provided another option, and the next generation of wine-drinkers was no longer guaranteed. Winemakers were forced to up their game.



- **The Society’s Exhibition Malbec, Mendoza, Argentina, £9.95/bottle (The Wine Society)**
- **Exquisite Collection Argentinean Malbec, £5.99/bottle (Aldi)**
- **Kaiken Malbec Bonarda Petit Verdot Limited Selection 2009 Mendoza, £9.99/bottle (Majestic)**

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Pudding of the Month



Dulce de Leche

Serves 4

An accidental over-order of milk saw in my first experiments with *dulce de leche*—the South American caramel. I poured the unwanted litres into a stock pot, added caster sugar and stirred it continually on a low heat until it turned into a light brown, sticky-sweet sauce.

A traditional Argentinean use is to spread it between two cornflour biscuits to make *alfajores*. It’s often used for a bannoffee pie—or added to brownie mixture—but I can’t think of a better use than dolloping *dulce de leche* over vanilla ice cream for an Argentinean sundae!

- **Merchant Gourmet Dulce de Leche, £3.49/450g (Ocado)**
- **Che Dulce de Leche Classic Style, £4/450g (Casa Argentina)**
- **Bonne Maman Confiture de Caramel, £2.50/380g (Waitrose)** ■

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