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Grass Fed Beef with Rocket & Caper on Braised Endive and Almond and Parsley Pesto

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Beef Ingredients

500 g minced grass-fed beef
½ cup drinking water
Handful capers
Bunch rocket
¼ cup oatmeal
Macrobiotic salt
Fresh ground white pepper
Settled olive oil for frying or coconut oil

Method

Add water to mince and combine. Wash and break rocket. Drain capers. Add all other ingredients. Form into patties
Seal in hot oil and turn over. Seal other side and turn off. Leave in pan till rested through for medium rare.

Endive Ingredients

1 bunch curly endive washed and picked
Settled olive oil for sauté
Macrobiotic salt
Freshly ground white pepper

Method

Take outer leaves off and roughly cut. Save internal pale white centre leaves.
In a large pan add dark leaves to warm oil, season and cook till tender.



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Pesto Ingredients

1 bunch Italian parsley
1 cup ground almonds
1 cup good olive oil
Macrobiotic salt
Freshly ground white pepper
Ground Grana Padano parmesan if desired
1 clove garlic if desired

Method

Wash and roughly chop parsley, taking off excess long stalks. Put in a blender.
Add ½ olive oil, almond, seasoning.
Add more oil if required. Add parmesan.
Taste and adjust.

To Plate

Place sautéed endive on a plate or platter.
Add dressed inner leaves around the side, then add the cooked patties.
Dollop pesto on top.
Finish with seasoning and pesto oil.