



ITALIAN (PIEDMONT)

Manzo Tonnato

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	20 min + 4 hr chilling	1 hr 15 min	Poach	Eye of round

Ingredients

- 1 kg (2¼ lb) eye of round, tied with string
 - 2 litres (8 cups) water
 - 1 carrot, 1 celery stalk and 1 onion, roughly chopped
 - 2 bay leaves and 6 peppercorns
 - 1 tbsp salt
- TUNA SAUCE**
- 160 g (5½ oz) good tuna in olive oil, drained
 - 4 anchovy fillets
 - 2 tbsp capers, plus more to garnish
 - 150 g (⅔ cup) mayonnaise
 - Juice of ½ lemon
 - 3 tbsp cooking broth, to loosen
 - Lemon slices and parsley, to garnish

Steps

1. Put the water, vegetables, bay, peppercorns and salt in a pot that just fits the beef. Bring to a boil and cook for 10 minutes to flavour the broth.
2. Lower the beef in so it is fully covered. Return to a bare simmer (about 85-90°C or 185-195°F) and poach uncovered for 50 to 60 minutes. Start checking at 40 minutes and lift the beef out when a thermometer in the centre reads 52°C (125°F); it will carry on rising to about 55°C (130°F) for pink meat.
3. Move the beef to a plate and let it cool out of the broth for 30 minutes. Reserve the broth, then chill the beef for at least 4 hours.
4. For the sauce, blend the tuna, anchovies, capers, mayonnaise and lemon juice until smooth. Thin with a few spoonfuls of cooled broth until it coats a spoon like double cream.
5. Slice the cold beef as thinly as you can against the grain; a very sharp knife helps.
6. Spread a little sauce on a platter, overlap the beef slices, then spoon more sauce over. Garnish with capers, lemon and parsley.
7. Cover and chill for 30 minutes so the flavours settle before serving.

Notes

- **Serving:** a summer antipasto, with crusty bread; also called vitello tonnato when made with veal.
- **Make ahead:** the dish is better after a night in the fridge, covered. Keeps 3 days.
- **Broth:** the leftover broth makes a good soup base; strain and freeze it.
- **Chef's touch:** take the platter out of the fridge 20 minutes before serving; cold dulls the flavour of the tuna sauce.
- **Pair with:** dressed arugula, or a summer tomato salad with olive oil.