



Olive Oil Poached Beef

with Piranske Soline Salt Flowers

Courtesy of www.Ritrovo.com



Total Time: 25 minutes

Prep time: 15 minutes

Cook time: 10 minutes

Serves: 2

Ingredients

½ lb grass-fed beef, finely sliced
in large, flat filets

½ cup **Colli Etruschi
Organic, Marino Organic,
or Mannucci-Droandi Organic
Extra Virgin Olive Oil**

1 tsp Organic Dried Rosemary

1 cup fresh organic salad greens

1 tsp **Piranske Soline Salt
Flowers**

Optional:

1 tsp **Ritrovo Selections
Organic Balsamic Vinegar or
Acetorium Cherry Vinegar**

Directions

Place olive oil in the bottom of a heavy, wide sauté pan. Heat over low-medium heat until warm.

Set beef in a single layer in the olive oil. Allow bottom side of meat to cook for about 5 minutes. Sprinkle with ½ the Rosemary. Flip meat over and allow to cook until just cooked through. Turn off heat.

Allow meat to rest for about a minute.

To Serve

Chop salad greens finely and sprinkle over half of each meat slice. Sprinkle with salt. Serve immediately.

If desired, drizzle with Ritrovo Selections Balsamic Vinegar or Acetorium Cherry Vinegar.

Buon Appetito!