



THE MENTORS



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Canvas

WESTERN CAPE

WINEMAKER'S SELECTION

Côte de Boeuf with Lavender and Olive Marinade served with stacked Ratatouille

4 Servings

Perp Time: 45 min

Baking Time: 20 - 25 min

INGREDIENTS

Lavender Marinade

- 3 tablespoons olive oil
- 2 tablespoons honey
- 10 crushed heads of lavender
- 2 grated garlic clove s
- Juice of a lemon
- Salt
- Pink peppercorns

Ratatouille

- 2 large aubergine sliced, salted and rinsed
- 3 handfuls of vine tomatoes
- 6 baby marrows sliced lengthways
- 4 grated garlic cloves
- 75 ml of olive oil
- Salt and pepper

Côte de Boeuf

- 1 large piece of rib eye on the bone of 2.5 kg or 4 individual pieces
- Lavender marinade
- Salt and pepper

NOTES AND TIPS

- Oven 180 degrees celsius

DIRECTIONS

Lavender Marinade

Mix all the marinade ingredients together, brush over your cuts of Côte de Boeuf, and allow the meat to marinate in the marinade overnight or for 2 hours minimum.

Grill over hot coals until medium rare let it rest and gently warm before serving.

This marinade is great to make ahead and can be stored in a glass jar. Keep in the fridge until required.

Ratatouille

Toss the aubergine, tomatoes and baby marrow in the olive oil and season with salt and pepper.

Roast individually on a griddle pan, let it cool and stack before serving warm in a hot oven and serve with lamb fat potatoes fries.

Côte de Boeuf

Rub the meat with the pre prepared lavender marinade overnight or for at least 2 hours.

Warm up a griddle pan till it is piping hot and grill the meat on each side for about 3 minutes also grill on the fat side to render off most of the fat for about 4 to 5 minutes let the meat rest for a good half an hour.

Warm in a hot oven of 200 degrees just before serving for about 5 to 6 minutes.

Serve with ratatouille and lamb fat potatoes

Enjoy with a glass of Mentors Canvas!

