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# Cooking with Paul West

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## **Pickled vegetables**

### **VEGETABLES**

1 large handful sliced vegetables (such as onion, carrots, cauliflower, or radishes)

### **BRINE**

1 cup apple cider vinegar

1 cup water

1/2 - 1 1/2 tsp sea salt

3 tsp castor sugar

### **METHOD**

Add sliced vegetables to a jar or glass container. Set aside.

To a small saucepan add vinegar, water, salt, and sugar.

Bring to a simmer over medium heat and stir to fully dissolve salt and sugar. Taste and adjust flavour as needed, adding more salt or sugar to taste.

Pour the brine over the vegetables, ensuring they are fully submerged. If needed, add more vinegar or a little water to cover.

Seal well and shake to combine. Then refrigerate for at least 1 hour. The flavours will deepen and intensify the longer it marinates. Best flavour is achieved after 24 hours.

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## **Speck and bitter leaf salad**

### **INGREDIENTS**

1 frisée, base trimmed and discarded, leaves washed  
1 radicchio, leaves separated and washed  
150 gm speck, cut into 1cm pieces (or something similar)  
2 tbsp red wine vinegar  
1 tsp brown sugar

### **METHOD**

Arrange frisée and radicchio leaves in a serving bowl. Place speck in a small frying pan and stir over medium heat until fat renders and speck is crisp (4-5 minutes). Remove from heat, add vinegar and brown sugar, season to taste, spoon over salad leaves and serve immediately.

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## **Steak Tartare**

### **INGREDIENTS**

400g beef sirloin, very well trimmed  
1 eschalot, finely diced  
2 tbsp finely chopped gherkins  
1 tbsp finely chopped capers  
2 tbsp finely chopped flat-leaf parsley  
1 tbsp Dijon mustard  
1 tbsp Worcestershire sauce  
Tabasco sauce (optional)  
4 organic egg yolks (optional)  
½ loaf of sourdough

### **METHOD**

Using a very sharp knife, dice the beef into ½cm cubes, discarding any fat.

Place into a mixing bowl with the eschallots, gherkins, capers, parsley and mustard and stir to combine. Season with the Worcestershire sauce and Tabasco (if using) along with some salt and pepper.

Place onto 4 plates using a ring mould. Make a slight indentation with the back of a spoon and drop an egg yolk on top of each (if using). Serve with sourdough toast and a green salad.

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