

# Sautéed boneless rib with Chopped Ham and Mackerel, Drizzled with Olive Sauce

by Chef Tony Jiang

Serves: 4 Preparation time: 15 minutes Cooking time: 15 minutes

## INGREDIENTS

267g	Boneless rib		France
27g	Serrano ham		Spain
67g	Canned mackerel		Latvia
27g	Mandarin jam		Italy
	Orange juice		Cyprus
27g	Sun dried tomatoes		Italy
133g	Extra Virgin Olive Oil		Portugal
	Paška sol	PDO	Croatia
27g	Black olives		Greece
	Irish Whiskey	PGI	Ireland

## PREPARATION

1. Marinate the beef with orange juice, salt and olive oil
2. Mix the Mandarin jam and Irish whiskey, then heat to reduce the sauce
3. Chop the olives and Sun dried tomatoes, mix with Canned mackerel and olive oil
4. Panfry the ham until crispy
5. Panfry the beef to medium, rest for a while
6. Slice the beef, drizzle with sauce and mackerel salad



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