

RECIPE 19

Cubes of Wagyu served on a tile of sweet salt from Cervia, a plate of vegetables and black garlic

Ingredients for 4 people

3cm long cubes of rib	12
Champignon mushrooms	2
Carrot	1
Courgette	1
Cauliflower	4 florets
Maldon salt	to taste
Black garlic	2 cloves
Olive oil	to taste
Salt from Cervia	4 tablets



Method

- 1 Preheat the oven to 300°C or to maximum temperature, place the tablets inside and leave them for about 20 minutes.
- 2 Wash and cut the vegetables, lightly grease them and cook over high heat.
- 3 Cut the garlic into thin slices.
- 4 Plate the meat on one side and serve on the tile on the opposite side so that it is cooked by the heat of the salt.
- 5 Place the cubes of meat on the hot tile, arrange the vegetables, garlic and a few flakes of Maldon salt.

Creator's Notes

ERICA LIVERANI

Raised in a small town in the province of Ravenna, Erica comes from a family who have been farming for many generations. She won one of the aprons in the fifth edition of 'MasterChef Italia', winning the final with her skill and determination. She has written a published book called "A piccoli passi" ("Small steps"), 'un cammino attraverso la nostra cucina tradizionale, riletta con estro e creatività' ('A journey through our traditional cuisine with flair and creativity'). It was published by Baldini & Castoldi.

