



1855 Black Angus Whole Roasted Coulotte

with Fingerling Potatoes, Sweet and Sour Carrots
and Zucchini

Ingredients:

- 1 whole 1855 Black Angus Coulotte, trim to 1/8" fat cap
- 1 lb. fingerling potatoes (can sub new potato) washed
- 3 medium zucchini
- 3 medium carrots
- ¼ cup extra virgin olive oil
- 4 tbsp./2 oz. red wine vinegar with 1 tsp. sugar
- 4 sprigs mint, leaves picked, lightly chopped
- as needed salt and crushed red pepper

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Directions:

Preheat oven to 375 degrees F. Put fingerling potatoes to cook in simmering, salted water. When tender, drain and cut them once or twice into rough pieces. If very small leave whole. Season the coulotte with salt and pepper, and sear in a heavy casserole on stove top with 2 oz. olive oil. Brown nicely top and bottom. Transfer to a roasting pan and finish in oven to desired temperature, 115-120 degrees F for rare, 120-125 degrees F for medium-rare, (about 20-30 minutes), 125-130 degrees F for medium.

While coulotte is roasting, trim carrots and zucchini into matchsticks about 2 ½” long. Allow coulotte to rest for 5-10 minutes tented with foil before carving. Start the carrots by saute with a bit of the oil over medium heat. When they are starting to take a little color, add the zucchini and cooked fingerlings into the pan. Mix from time to time. When zucchini is done with some color but still crisp-tender, raise the flame to high and drizzle in the vinegar-sugar mix while tossing. Finally, mix in the mint, and season with salt and a little crushed red pepper flakes. Drizzle with a little remaining extra virgin olive oil, and reserve briefly while carving roast. Roast may be presented on top of the vegetable medley or carved and served individually with accompaniments.

Makes 2-4 servings.

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