

This appetiser can be prepared in advance, but must be assembled just before eating.

The nasturtium leaves are soft and peppery, and so these mouthfuls are soft, peppery, rich, creamy and tart all at the same time.

No nasturtiums in the garden? Use baby cos leaves instead – they will be crunchy rather than peppery.

1 or 2 Wagyu fillet steaks, cut 2.5cm thick

Fresh nasturtium leaves

For the sauce

2 teaspoons Dijon mustard

1 tablespoon wine vinegar

1 garlic clove, very finely chopped

2 tablespoons parsley, very finely chopped

1 egg, hardboiled

1 dessertspoon small capers, chopped

3 tablespoons extra virgin olive oil

Salt



Season the steaks lightly with salt and pepper and leave at room temperature for at least 15 minutes. Cook in a moderately hot pan, allowing at least two minutes on each side. Allow to rest until cool. Then cut into dice.

Keep refrigerated until needed.

For the sauce:

Mix the mustard and vinegar together until smooth. Add the garlic and parsley, mix well. Grate the hard boiled egg and add to the mixture, then the capers. Gradually stir in the olive oil until there is a thick paste. Check for seasoning: it may need a little more oil, or vinegar, or a tiny amount of salt.

To assemble:

Rinse the nasturtium leaves and place them on a platter.

Top each leaf with some cubes of beef, then add a spoonful of the sauce. Serve immediately.