

Pro Tip Recipes

PREP TIME 10 MIN | COOK TIME 7-12 MINUTES | SERVES 10

THE PERFECT STEAK

Method

1. Bring steak to room temperature prior to cooking. Season with salt and pepper on all sides. Brush Steak with oil using a herb brush.
2. Heat a frying pan over high heat, place steak fat side down to render the fat. Turn onto presentation side. Cook for 2 ½ – 3 ½ minutes, to produce a good crust (Juices will start to come up from the other side of the steak). Turn and cook for a further 2 ½ – 3 ½ minutes, adding butter, thyme, parsley and smashed garlic. Baste steak to enhance flavour.
3. Remove steak, rest for half the cooking time. Serve with potato gratin and salad.

INGREDIENT LIST

Beef

- 10 x 180g (3-4cm thick) MSA Graded Striploins (also called New York Cut, Porterhouse or Sirloin).

Other Ingredients

- Sea Salt and cracked pepper to season
- 50mls olive oil
- 50g thyme, tied with string
- 50g thyme, leaves picked, chopped
- 250g Flat leaf parsley, chopped
- 250g butter, cubed
- 40g garlic cloves, smashed

Serving Suggestions

- Potato Gratin
- Watercress and Radish Salad

