

SEXY STEAK

with Béarnaise Sauce



Serves 2

Steak:

- 3 Tbsp olive oil
- 2 x 200gm rib eye steaks
- 2 Plum tomatoes, halved
- 2 sprigs of Thyme
- Sea salt and freshly ground pepper
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Bearnaise sauce:

- 2 Tbsp white wine vinegar
- Half shallot, peeled and finely diced
- 3 black peppercorns
- 2 stalks tarragon
- 1 bay leaf
- 2 egg yolks
- 125gm melted butter, clarified
- Half lemon wedge
- 1 tspn flat leaf parsley, finely chopped
- 1 tspn tarragon leaves, finely chopped
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Served with...

- 80gm green beans, trimmed and blanched
- 8 new potatoes, boiled in their skins

Preheat the oven to 150C .

Place the tomatoes on an oven tray, drizzle with one tablespoon of olive oil. Sprinkle with thyme leaves, salt and pepper. Place in the oven and cook for 1hr 30 mins or until the tomatoes have cooked and have dried out a little.

Meanwhile make the vinegar reduction for the Béarnaise sauce by placing the white wine vinegar, shallots, peppercorns, tarragon and bay leaf into a small saucepan along with a tablespoon of water. Bring up to the boil and allow to reduce until just a tablespoon of liquid is left. Strain and set aside.

Next set up a small bowl over a small saucepan of simmering water. Add 1 tablespoon of water along with the egg yolks to the bowl and whisk continuously until pale and fluffy. Add the melted butter in small amounts and continue to whisk until you have a thick sauce. Whisk in the vinegar reduction and season to taste. Add a squeeze of lemon if you'd like some extra tang. Stir in the herbs and keep in a warm place until needed. If the sauce thickens too much, just add a small amount of warm water to loosen it.

Now it's time to cook the perfect steak. Make sure you leave the meat out for a few minutes of until it's at room temperature before you start cooking! Heat a griddle pan on a high heat. Place the meat on a plate and drizzle over one tablespoon of olive oil and season generously with salt and pepper on both sides. When the griddle is hot, place the steak on it and cook for 2-3mins per side for a medium-to-medium rare steak. Remove from the griddle and place on a plate and cover with foil and leave to rest for 5 minutes or so.

While the meat is resting, heat a fry pan and add the remaining tablespoon of olive oil. Slice the cooked potatoes and throw them into the pan and sauté on a medium heat until golden. Season with salt and pepper.

Now it's time to plate! Add the beans to the middle of the plate and place the steak on top. Add the tomatoes, sautéed potatoes and the watercress alongside. Spoon the béarnaise generously on top. Serve immediately. It's sure to impress!

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