

ELITE BISTROS

AT HOME

stickywalnut

BURNT
TRUFFLE

HISPI

WRECKFISH
BISTRO

PINION

KALA

35 day aged Aubrey Allen's sirloin of beef, cauliflower cheese, glazed carrot, red wine sauce

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(You will need a very large knob of butter to make this dish)

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SIRLOIN

Beef

CAULIFLOWER CHEESE

Wheat/Gluten, Milk/Dairy,
Mustard, Egg

Cauliflower, salt, **butter**, **flour**, **milk**,
English **mustard**, Wyke Farms cheddar
cheese, **egg yolk** (pasteurised)

GLAZED CARROT

Milk/Dairy

Carrot, chicken stock (chicken bones,
water, carrot, onion), **butter**, salt, thyme

RED WINE SAUCE

Sulphites

Beef bones, chicken bones, **red wine**,
carrot, onion, redcurrant jelly

HOUSEHOLD INGREDIENTS

You will need a very large knob of
butter to make this dish

Please read the full method before starting to cook, every attempt has been made to make this process as simple as possible but a little foresight in the recipe will help you achieve the best results. Ensure your oven is pre-heated to the correct temperature before you begin.

1. Set your oven to 200°C and place a large, heavy bottomed, oven-safe frying pan onto the stove at a medium to high heat. *Note: The pan needs to be big enough to accommodate the steak.*
2. Remove the steak from the bag, gently scrape away the surrounding beef fat and herbs. Pat the meat dry with a little kitchen roll and season generously with fine salt on both sides.
3. Add a large splash of oil to the frying pan and turn the heat up high. *Note: You want the pan to be al-most smoking before adding the beef... cooking this will give off a lot of smoke, so open a window and turn your extraction up high.*
4. Whilst your pan is pre-heating, take the lid off the cauliflower cheese and sprinkle the grated cheese over it, put it into your hot oven. Leaving room for the frying pan later on.
5. Gently place the steak into the pan, putting it in away from you so the hot oil doesn't splash. Fry very fiercely on one side for around 30 seconds, flip the steak over and do the same to that side. Repeat this process 2-3 times until you have a lovely golden crust forming.
6. Now, using tongs to hold the steak in place, flip it upwards and onto the fat cap. Holding the steak in situ and let the fat sizzle and render until a lovely golden colour. This will take 30 seconds to 1 minute.
7. Now reduce the heat to the steak pan slightly and add a very large knob of butter (around 60g). Allow the butter to sizzle and brown but be careful not to burn it. *Note: If you think the butter is going to burn either add a little more cold butter or remove the pan from the heat for a few seconds to lower the temperature. You are looking for a golden brown colour and the butter should foam when spooned over the meat.*
8. Baste the steak in the foaming butter for 1 minute, flip it over and put your frying pan straight into your hot oven for 6 minutes.
9. Take the carrots from their bag and empty them, along with the cooking liquor, into a saucepan large enough to accommodate (ideally one with a lid). Take the two red wine sauce bags and empty those into another small saucepan too; its a good idea to sit the sauce bags in a little hot water before opening, this will help you get every last drop from the bag. Keep the pans to one side, you will warm them through once the steak is almost fully rested.
10. After 6 minutes take the steak out of the oven and remove from the pan to rest for 8 minutes. At this point, snip and remove the string. *Note: Rest the meat ideally on a cooling rack set above a plate to catch any juices.*
11. Whilst the cauliflower cheese is finishing off prepare your plates and begin to warm through the carrots and red wine sauce over a medium to low heat. Agitate the carrot pan a little and often, this will help achieve a lovely glaze surrounding the whole carrot. *Note: If the glaze in the pan begins to look greasy just add a small splash (1tsp) of water to the pan, return to the heat and agitate it again. Your aim is to heat the carrot through gently whilst forming a lovely glaze with the stock and butter mixture.*
12. Using a sharp knife, carve the steak downwards with the fat cap at the top, 8-10 slices will be nice. Fan the meat out, pause briefly to take a nice picture of your cuisson for insta, then season the inner meat with sea salt and split between your two plates. Place a carrot onto each plate too.
13. Take the cauliflower cheese from the oven, this can be served in the tin if you wish.
14. Pour the hot red wine sauce over the meat and serve.

