

# Fresh Beef this Spring

## Discover Fillet Steak with Béarnaise Sauce

Serves: 2  
Preparation time: 10 mins  
Cooking time: 2-3cm/¾"-1¼" thick steaks:  
Rare: 3-4 mins on each side  
Medium: 4-5mins on each side  
Well done: 6-7 mins on each side

### Ingredients

- 2 Fillet steaks
- Salt and freshly-milled black pepper
- Oil, for brushing

### For the Béarnaise Sauce:

- 30ml/2tbsp white wine vinegar
- 30ml/2tbsp water
- 1 large shallot, peeled and roughly chopped
- 6 black peppercorns
- 1 small bay leaf
- 2 large egg yolks
- 150g/6oz good quality unsalted butter, melted and hot
- 15-30ml/1-2tbsp freshly-chopped tarragon or chervil

### Method

1. To prepare the Béarnaise sauce, place the vinegar, water, shallot, peppercorns and bay leaf in a small pan, and simmer over a low to medium heat for 2-3 mins until 15ml/1tbsp of the liquid remains. Strain.
2. Heat a large, non-stick frying or griddle pan, season the steaks and brush with the oil on both sides. Cook the steaks according to preference. Remove the steaks from the heat, transfer to a warm serving plate, and cover loosely with foil to keep warm.
3. To finish the Béarnaise sauce, transfer the vinegar mixture to a blender, add the egg yolks and whisk until frothy.
4. Whilst the blender is still running slowly add the melted butter, 15ml/1tbsp at a time, until the sauce is smooth and creamy.
5. Season with salt and stir through the herbs before serving with the steaks.

For more fantastic beef recipes visit [www.simplybeefandlamb.co.uk](http://www.simplybeefandlamb.co.uk)



Food photography and images provided by EBLEX (a division of the Agriculture and Horticulture Development Board).

## Q-tips

### Cold Roasts

- Always cover cold roasts that have been left over with cling film or foil and place in the fridge, to keep the meat moist.
- Take cold roasts out of the fridge and let them warm up to room temperature in the kitchen. Cold meats straight from the fridge have less flavour and succulence.
- Always keep cold roasts and meats in your fridge. They will keep longer (max 3 days).

## The best cuts for springtime grilling, frying and griddling

**Rib Eye** – Large and slightly rounded steaks cut from the eye of the fore rib. They carry a little more fat than other steaks, but have a wonderful flavour. These steaks may also be sold on the bone.

**Sirloin** – Sold boneless, sirloin steak has a great flavour. Steaks are cut to about 2cm (¾") thick and have a thin layer of fat running along the top of the steak.

**Rump** – Larger and with a firmer texture than sirloin steak, rump steak is often considered to have more flavour.

**Fillet** – This is the most lean and tender of all steaks, making it the most prized of cuts. Typically 4cm (1½") thick, it cooks quickly and there is no waste, which makes it worth considering for a special occasion.

**Frying/Minuto Steaks** – A well-flavoured cut from the leg which is sold as bone-in. This inexpensive steak is taken from hindquarter cuts. Take care in the cooking of these steaks to ensure optimum tenderness and flavour. Great for a luxurious sandwich or baguette.

**Stir Fry Strips** – For best results use rump, cut into strips. Ideal for stir-fries, salads and wraps.