

The Ultimate Steak Class Recipe Book



By Masterchef Bart van de Lee



Roasted sirloin with peppercorn sauce and green beans

Ingredients

For 2 persons

For the sirloin

2 x 300 g sirloin steak
50 g butter
2 sprigs rosemary
2 cloves garlic

For the peppercorn sauce

100 ml beef stock
10 g cured or dried black
peppercorns (or green
peppercorns in brine)

1 tsp Dijon mustard
250 ml double cream
50 ml cognac

For the green beans

250 g green beans
10 ml olive oil

Method

For the sirloin

1. Take the sirloin out of the fridge about 30 minutes before cooking. Preheat the oven to 180°C.
2. Trim the excess fat and sinew from the steaks and then season the sirloin evenly on all sides with a drop of oil, pepper and salt.
3. Heat a pan and sear the sirloin on the fat side first. Render down the fat till nice and crisp and then sear the other sides. Add the butter and roast on all sides. Add the garlic and rosemary just before the end and bask the meat in the aromatic butter.

4. Reduce the heat and move the sirloin onto an oven tray. leave it to rest for 2-3 minutes.
5. Keep all the roastings in the pan to make the peppercorn sauce afterwards.
6. Place the sirloin steaks in the oven and start cooking them to a core of about 45°C. Remove them from the oven and leave them to rest for 3-4 minutes. Place back in the oven and cook till 55°C. Again rest for 3-4 minutes.
7. The core temperature will reach 58°C with the residual heat from the oven and you will have a perfectly cooked sirloin steak!

For the peppercorn sauce

1. Deglaze the roastings in the pan by adding a shot of cognac and then flambé.
2. Add the peppercorns, then beef stock and reduce this by 2/3rds.
3. Add the cream and a teaspoon of mustard. Cook together and season with a pinch of salt to your taste.

For the green beans

1. Trim the beans and boil them in slightly salted water till tender with a light bite.
2. Drain the water and leave the beans to steam dry. Season it with a drop of olive oil and a pinch of salt.

To plate

1. Carve the perfectly rested steak in slices and place them slightly off the centre of the plate. Add the green beans and finish with the peppercorn sauce



Grilled Ribeye steak with asparagus and Béarnaise sauce

Ingredients

Serves 4

For the Ribeye

2 x 300 g Ribeye steaks

For the Béarnaise sauce

200 ml white wine (sauvignon blanc)

15 ml white wine vinegar

1/2 shallot

2 black peppercorns

1 bay leaf

100 g butter

3 egg yolks

10 g fresh tarragon

1/2 lemon

For the asparagus

150 g green asparagus

A drop of olive oil

Pinch of salt

Method

For the béarnaise

1. Add the white wine, white wine vinegar, peppercorn and bay leaf to a saucepan.
2. Chop the 1/2 shallot, add to the pan and reduce this down to about 150 ml. Strain the liquid and squeeze the half lemon inside. Set aside.
3. Melt the butter and set it aside in a warm place.

4. Chop the tarragon.
5. Split 3 egg yolks into a metal or glass bowl and mix in the reduction (gastrique) and a pinch of salt. Whisk this together “au bain Marie” till aerated and the sauce is at ribbon state.
6. Add the melted butter bit by bit and then the chopped tarragon.
7. Finish with a pinch of salt and a squeeze of lemon. Set aside in a warm place.

For the Steak

1. Season the steak with salt and a drop of oil.
2. Grill the steak on both sides and finish with ground black pepper.
3. Place the ribeye steaks in the oven and start cooking them to a core of about 45°C. Remove them from the oven and leave them to rest for 3-4 minutes.
4. Place back in the oven and cook till 55°C. Again rest for 3-4 minutes. The core temperature will reach 58°C with the residual heat from the oven and you will have a perfectly cooked ribeye steak!

For the asparagus

1. Grill the asparagus and season with a drop of olive oil and salt.

To finish

1. Carve the rested ribeye steak into slices and place them slightly off-centre on the plate. Add the grilled asparagus and serve the sauce on the side or the plate.



Fillet steak with wilted spinach and red wine sauce

Ingredients

Serves 4

For the fillet steak

1 x 600 g fillet steak
2 garlic cloves
2 sprigs rosemary

For the wilted spinach

250 g spinach
1/2 shallot
1 clove garlic

a drop of olive oil

For the red wine sauce:

1 tbsp butter
1 tsp red currant jelly
175 ml red Bordeaux wine
600 ml beef stock (reduced to 200ml)

Method

For the Fillet

1. Season the fillet with salt, pepper, and oil and sear in a hot pan. Add a spoonful of butter and roast all around. Add the garlic and rosemary and bask the fillet. Remove the fillet from the pan onto an oven tray and leave it to rest for 3-4 minutes.
2. Keep the roastings in the pan to make the red wine sauce.
3. Place the fillet steak in the oven and start cooking it to a core of about 40°C. Remove from the oven and leave it to rest for 3-4 minutes.

4. Place back in the oven and cook till 50°C. Again rest for 3-4 minutes and now the final cook up to 55°C. Leave the fillet steak to rest one more time for 3-4 minutes.
5. The core temperature will reach 58°C with the residual heat from the oven and you will have a perfectly cooked fillet steak!

For the red wine sauce

1. Reduce the beef stock to 200ml.
2. Use the roasting flavours in the pan to make the sauce. Reduce the heat and add the red currant jelly. Dissolve and caramelize for 1 minute. Add the red wine and reduce this by half, add the beef jus and reduce the sauce till it's thick and syrupy. you will have about 150 ml of sauce.

For the wilted spinach

1. Chop the shallot and garlic finely. Stir fry the chopped shallot and garlic in a drop of olive oil, add the spinach and stir fry. Season with salt. Drain in a fine mesh sieve and set aside. Keep the spinach in the mesh so the liquid continues to drain off. Heat through just before serving.

To finish

1. Carve the fillet steak in 2 and season with a pinch of salt. Place a spoonful of spinach and place in the middle of the plate. Top with the steak and garnish the plate with the sauce. Serve the rest of the sauce on the side.



Prime rib steak with thyme and garlic compound butter

Ingredients

Serves 3-4

For the Prime rib

700 g Prime rib Steak

Pepper & salt

A drop of oil

50 g bacon cubes

1/2 Shallot

For the bacon broccolini

250 g sprouting broccoli

For the Garlic thyme butter

125 g butter

1 cloves garlic

1/2 bunch thyme

Method

For the Prime rib

1. Take the rib steak out of the fridge about 45 min before you start cooking so it gets up to room temperature. Preheat your oven to 180°C and heat a grill pan over high heat.
2. Season the steak with pepper, salt and a drop of oil on all sides.
3. Start grilling the rib on the fat side. Render it down till it's nice and crisp. Then sear the sides till they have deep dark grill marks all around.
4. Insert the meat thermometer and place the rib in the oven. Cook till a core of 40°C, remove the rib from the oven and turn it over, Leave to rest for 5 minutes.

5. Place it back in the oven. Cook till a core of 50°C, remove from the oven, turn the steak again and rest for 5 minutes.
6. Finally, place it back in the oven and cook till 55°C. Remove from the oven and leave it to rest in a warm place. The temperature will slowly crawl up to 58°C which is our target core temperature and a perfect medium-rare.

For the bacon broccolini

1. Place your bacon rashers in the freezer. Once frozen it will be much easier to cut them into lardons.
2. Bring a pot of water to a boil and add a pinch of salt. Clean up the broccolini stems and blanch them for 2-3 minutes. They need to keep a nice bite, so don't overcook! Test the stems for doneness.
3. Cut the bacon rashers into thin strips. Gently fry the bacon lardons in a pan with a drop of oil till golden brown. When done, remove them from the pan and keep them on the side.
4. Combine the broccolini and bacon in a saucepan. Add some olive oil and a pinch of salt.

For the garlic thyme butter

1. Leave the butter out of the fridge to get to room temperature.
2. Add the butter to a bowl and mix till smooth.
3. Chop the thyme and press the garlic cloves. Add this to the soft butter with a pinch of coarse Maldon salt and whip it up till nice and smooth with a spoon or whisk.

To serve

Carve the well-rested steak of the bone and then into slices. place them on a wooden chopping board or large plate. Add the broccolini and serve with the garlic thyme butter.



T-bone & Ribeye steaks with Chimichurri

Ingredients

For 4 persons

For the steaks

1 T-bone steak of 800 g (4 persons)
And/or
2 Ribeye steaks 400 g each (4 persons)

125 unsalted butter
2 cloves garlic
1 sprig oregano
Salt

For the Chimichurri

1 bunch of curly parsley
1 shallot
5 sprigs oregano
1 red chilli
1 garlic clove
20 ml red wine vinegar
60 ml olive oil
Salt

Method

For the steaks

4. Take the steak out of the fridge about 30 minutes before you start cooking.
5. Coat the steak with a drop of oil and season with pepper and salt
6. Grill over a medium flame for 4-5 minutes till the first side is nice and brown.
7. Turn over, bask with the aromatic butter and grill the other side for 4-5 minutes till it's well roasted and cooked to a beautiful medium rare.

8. You can check the core temperature to be sure you get the right cook. 58°C is a beautiful medium rare, 60°C for medium.
9. Leave the steak to rest in a warm place for 10-12 minutes before carving.

For the Chimichurri

1. Wash and chop the parsley and oregano
2. Chop the shallot, garlic and chilli.
3. Mix the herbs, garlic and chilli with the olive oil. Then add the vinegar and finish with a pinch of salt.

To finish

Carve the steaks into equal slices. Top with the Chimichurri and finish with a sprinkle of Maldon salt.

At Home

1. You can grill the steaks in a grill pan and follow the exact same steps in your kitchen to get great results.



Roasted lamb rack with wilted swiss chard, hasselback potatoes and ruby port jus

Ingredients

For the lamb rack and port jus

1 frenched lamb rack
2 cloves garlic
1 sprig of rosemary
500 ml chicken stock
200 ml ruby port

1 tsp Sherry vinegar

Pepper and salt

Olive oil

For the Swiss chard

200 g Swiss chard
1 small shallot

For the Hasselback potatoes

500 g young potatoes

2 cloves garlic

10 g rosemary

Maldon salt

Olive oil

Method

For the Hasselback potatoes

2. Wash the potatoes and carve them till about 3/4 deep into as many slices as you can. Place them on a baking tray and drizzle with olive oil and a sprinkle of salt. Roast in the oven at 200°C for about 45 minutes until golden brown. Lower the temperature to 180°C.
3. Chop the garlic, and rosemary and place on top of the potatoes. Add another sprinkle of Maldon salt, and some more olive oil. Bake for 5 minutes till the garlic is golden brown.

For the Swiss Chard

1. Wash and dry the Swiss chard and chop the shallot. Cut the large leaves in half.
2. Place a non-stick pan over medium heat. Add olive oil and the chopped shallots. Sweat the shallots till translucent and then add the Swiss chard. Sauté until the leaves are tender and finish with a drop of Sherry vinegar and salt.

For the lamb rack and port jus

1. Clean up the lamb rack and score the fat with the point of your knife. Season with oil, pepper and salt.
2. Place a non-stick pan over medium heat and sear the lamb rack on the fat side. Sear until the fat is completely rendered down and golden brown. Lower the heat, remove the excess fat from the pan and add the butter. Roast on all sides for 3-5 minutes. Add the garlic and rosemary and bask the meat in this aromatic butter.
3. Remove the rack from the pan and onto an oven tray. Leave to rest for 5-7 minutes.
4. Add the Port wine to the pan and reduce it by half. Add the stock and reduce till you have a thick jus left. Strain the jus into a small saucepan and reserve for serving.
5. Finish cooking the lamb in the oven at 180°C till a core of 56°C. Remove from the oven and rest for 5-7 minutes. Use your food thermometer to check you have reached the right temperature. The final core temperature should be between 58°C and 60°C.

To finish

Place the hasselback potatoes in the oven to heat up. Warm the Swiss chard and the port jus. Carve the lamb rack and start plating the chard. Add the potatoes, and lamb cutlets and finish with the port jus.



Duck breast salad with orange, thyme, chicory and sherry vinaigrette

Ingredients

Serves 4

For the duck breast

2 duck breast	15 ml white wine vinegar
15 g butter	30 ml olive oil
1 sprig of thyme	1 tsp pomegranate molasses
1 tbs pomegranate molasses	Chopped thyme
1 orange (juiced)	

For the chicory salad

- 2 chicories
- 1 large navel orange

Method

For the duck breast

1. Clean the duck breast from impurities and score the skin with a sharp knife.
2. Season the breast with oil and salt.
3. Juice the orange.
4. Place a non-stick pan over medium heat and sear the duck breast on the skin side. Press down the breast so the whole skin touches

the pan. Sear till the skin is golden brown and the fat is rendered down. Remove the excess fat and add a spoon of butter.

5. Gently roast the duck in the butter on both sides for about 30 seconds. Add the thyme and remove the duck from the pan.
6. Add the pomegranate molasses and the orange juice. Reduce this to a gorgeous sticky jus. Place the duck breast back in the sauce and cook in the oven at 180 °C to a core of 56°C. Remove from the oven and leave it to rest for 7-10 minutes. Your final core temperature should be between 58°C-60°C.

For the salad

1. Clean and slice the chicory finely.
2. Remove the orange skin of the second orange with a sharp knife and segment the orange parts.
3. Mix the white wine vinegar, olive oil and pomegranate molasses with a whisk. Chop some thyme leaves finely and add these to the vinaigrette. Finish with a pinch of salt.

To finish

Carve the duck breast into thin slices and lay them on the plate. Drizzle with the sauce. Add a few spoons of vinaigrette to the orange segments to marinate them. Dress the chicory salad with the vinaigrette and a pinch of salt. Add the chicory followed by the orange segments to finish.

Enjoy the recipes!

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