



ULTIMATE STEAK CLASS RECIPE E-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

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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

2. Take the steak out of the fridge about 30 minutes before you start cooking.
3. Coat the steak with a drop of oil and season with pepper and salt
4. Grill over a medium flame for 4-5 minutes till the first side is nice and brown.
5. 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.

6. 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.
7. 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.