

Churston Traditional

FARM SHOP

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RECIPES FEBRUARY 2015

CLASSIC PEPPER STEAK

Ingredients for two. Two 175g-200g fillet steaks, 30g butter plus a dash of olive oil, tablespoon brandy, two tablespoons crushed black peppercorns, generous pinch of sea salt, 150 ml double cream.

Method. Spread the peppercorns and salt on a plate and press the steaks into them to coat both sides. Heat the butter and oil in a heavy-bottomed frying pan and cook the steaks for three minutes on each side. Transfer to a warm plate and leave to rest in a warm place. Add the brandy to the pan and flame it, then lower the heat and pour in the cream, scraping up all the cooking juices. Cook for two minutes, stirring gently, to allow to thicken slightly then pour over the steaks and serve.

CLASSIC SIRLOIN STEAK WITH BEARNAISE

Ingredients for two. Two thick-cut sirloin steaks, five large Maris Piper potatoes. For the sauce: three tablespoons wine vinegar, one small shallot, finely chopped, tablespoon chopped fresh tarragon and chervil, dessertspoon whole tarragon leaves, two large egg yolks, 125g unsalted butter, diced, sea salt and white pepper.

Method. For the sauce, place vinegar, chopped herbs and shallots in a small pan, bring to the boil and reduce by half. Strain and allow to cool slightly. Whisk the egg yolks with a tablespoon of water and gradually whisk in the vinegar reduction. Place over a pan of hot water and continue whisking until thickened, then add the butter piece by piece. When it is all incorporated stir in the tarragon leaves, season, and keep warm until ready to serve.

For the chips, cut the potatoes fairly thickly (you can leave the skins on if you prefer) and dry them thoroughly. Heat plenty of sunflower oil to 130 /140C and drop the chips in a few at a time. Cook for about three minutes, remove and drain and leave until you are cooking the steak. To finish them off reheat the oil to 180C and fry them for three minutes, remove; allow the oil to come back up to temperature then fry for another three minutes until brown and perfectly crisp.

For the steaks, trim the meat and cut into two, brush with olive oil and season well with salt and black pepper. Heat a large pan, add the meat and cook without moving it around for three to four minutes. Turn over and cook for another three minutes then remove to a warm plate and allow to rest for five minutes while you finish the chips. Slice the steaks across the grain to serve with the salted chips, a couple of spoonfuls of Béarnaise – and a large glass of fruity Languedoc red or, by way of a change, a red Loire such as Champigny, served slightly chilled.

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