

View from the Fridge – Recipes from Brian Donkin

Recipe # 125 – Rump Steak with Red Wine and Mushroom Sauce

Preparation time: 5 mins – Cooking time: 7 - 10 mins

Ingredients:

2 well hung 8oz rump steaks
100 gms sliced mushrooms (preferably wild)
½ glass red wine
½ glass beef stock (use cube if none available)
3 tblspns olive oil
1 tspn flour
Salt and pepper

Method

1. Heat frying pan to high temperature and insert oil and steaks at the same time (ensuring that you lay steaks into pan away from the body to avoid becoming splashed with the hot oil)
2. Fry for between one and three minutes on either side depending on how well-done you like your steak)
3. Remove steaks from frying pan and place on warm plate
4. Place mushrooms into same frying pan and cook quickly for one minute
5. Whisk in the flour and then add the wine and the stock (whisking quickly to avoid lumps)
6. Bring to boil and simmer for one minute
7. Pour over steaks and serve

Serves 2

