

STEAK

with Gorgonzola sauce

A delicious way to serve steak.



FOR 4

8 shallots, unpeeled
30ml good olive oil
1 bunch bok choy
50ml butter
250g whole brown mushrooms
15ml sherry
15ml chopped fresh thyme
2 cloves garlic, chopped
30ml pine nuts
4 sirloin steaks
salt and white pepper to taste

GORGONZOLA SAUCE

150ml chicken stock
125ml pouring cream
75g Gorgonzola
5ml paprika
30ml finely chopped fresh parsley
4 spring onions, finely chopped
freshly ground black pepper to taste

Preheat the oven to 180°C.

Place the shallots on a baking tray and roast for about 30 minutes, or until a knife can slice through them like butter. Remove from the oven, halve them lengthwise, drizzle with the olive oil and keep warm.

Blanch the bok choy in boiling water for a few seconds. Remove from the pot and refresh in a bowl of icy water. Drain well in a colander.

Melt the butter in a large frying pan until it turns a nutty colour. Add the mushrooms and fry until caramelised. Deglaze the pan with the sherry to create a jus, then add the thyme and garlic. Toss the ingredients together, spoon into a bowl and keep warm.

Toast the pine nuts in the remaining pan juices.

Season the steaks lightly with salt and white pepper. Heat a griddle pan very well and fry the steaks on both sides until cooked to your preference.*

Meanwhile, make the Gorgonzola sauce. Boil the chicken stock in a small pan until it is well reduced. Add the cream, Gorgonzola and paprika, then stir with a spoon over a medium heat until the cheese has melted and the sauce is thick and creamy. Add the parsley and spring onions, season with the pepper and fold together.

Ladle a spoonful of the Gorgonzola sauce over each steak, sprinkle with the pine nuts and serve on a large platter with the still-warm vegetables.

*** If the pan is really hot, there is no need for olive oil or butter. The upside of this is that your kitchen will also be relatively free of smoke!**