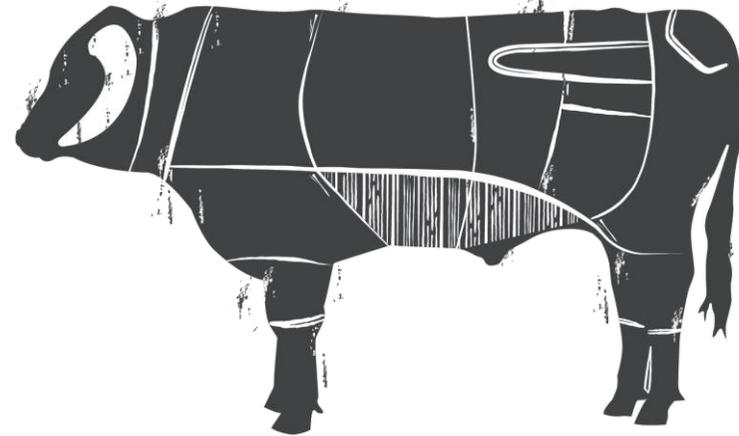




MAYDENCROFT MANOR

NATIVE BREEDS FARM



BAVETTE STEAK

“Bavette also known as skirt or flank steak is eaten a lot in America and in France, but hardly at all here in the UK. This is madness” the words of Nigella, with whom we wholeheartedly agree. This steak is finally resuming its rightful place in British kitchens and becoming better known. The bavette, or skirt steak is taken from the forequarter, specifically from the flank, (not far from the Onglet steak). It is distinguished by its long fibres, and although it benefits from the characteristic English Longhorn marbling it is a lean piece of meat, perfect for frying to deliver the individual flavour of our grass-fed Longhorns.

In the recent past the bavette has been used for braising and stewing, although it is really at its best rare to medium rare, it is full of flavour and tender when cooked to its strengths, i.e. fast on a smoking hot heat. It can handle being marinated as its flavour won't be overpowered. If you prefer your steaks well done, then we recommend using a meat tenderiser to bash it thin, so it is not cooked for too long. Otherwise add to a beef bourguignon with other, less lean braising cuts, to achieve the ideal combination of flavour and succulence.

01462 420851
MAYDENCROFTMANOR.CO.UK



MAYDENCROFT MANOR

NATIVE BREEDS FARM

NIGELLA LAWSON'S TAMARIND MARINATED BAVETTE

This delicious and easy recipe is the perfect way of serving Bavette, a brilliant steak for marinating.
Serve with a sweet and sour slaw

INGREDIENTS

2 Maydencroft bavette steaks (approx. 500gm total).

5 tbsp tamarind paste from a jar

4 tbsp dark soy sauce

4 tbsp runny honey

2 tbsp rapeseed or sunflower oil

METHOD

1. Whisk together the soy sauce, tamarind paste, oil and honey, warm gently if necessary in the microwave to fully dissolve then leave to cool. Do not use until it is cold.
2. Put the bavette steak into a resealable freezer bag, pour in the cold marinade and squelch it about so that the thin steak is covered on both sides, then seal, lay on a plate and put in the fridge overnight or for 1 day
3. Bring it back to room temperature, prepare a large piece of kitchen foil, then heat a ridged griddle till very, very hot. Lift the steak out of its marinade, letting any excess (and there will be a lot) drip back into the bag and then slap the meat on the griddle and cook for 2 minutes a side
4. Immediately (I use tongs for all this) transfer the steak to the piece of foil and make a tightly sealed but baggy parcel, and let the meat rest, on a chopping board, or any surface that is not too cold, for 5 minutes. Then unwrap the foil, transfer the steak to a board, and carve in thin slices against the grain

CHEF'S TIPS

- Nigella's butcher tells her to "Sear the hell out of it and serve it rare"!
- The other key point is how you carve it: it must be sliced against the grain. That holds true with all steak, but with a cut like bavette, it will be inedibly chewy if you disobey. Luckily, the grain is very distinct so it's very easy to identify and then cut across it.
- It's the thickness of a steak rather than its actual weight which determines how long it should be cooked for, so times will vary. Rare steaks need less time on their 'second side'.
- There are a few ways of testing how a steak is cooked, we find the 'thumb test' as reliable as any other, here it is in brief (google for more detail!):

If you touch your thumb against your index finger, and press the soft part at the base of your thumb, you get the same feeling as a rare steak. If you touch your middle finger with your thumb, it's firmer, and that'll give you medium rare; touch your ring finger, firmer again – which gives you medium; and finally with your little finger, that's exactly the same as well done (not recommended!).

Main Course

Serves 2 people

5 mins prep (+ overnight marinade) | 15mins cooking