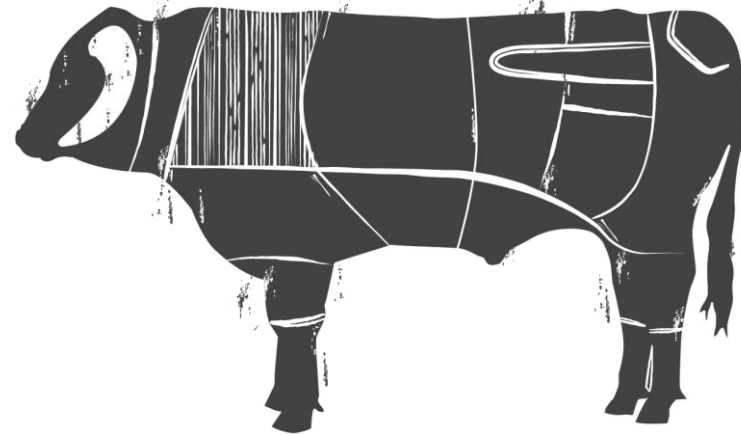




MAYDENCROFT MANOR

NATIVE BREEDS FARM



DENVER STEAK

This is a 'new' steak (if anything from such an ancient domesticated farm animal can be described as new) following highly specialist butchery techniques that identified this beautifully tender cut, right in the middle of the 'chuck' in the forequarter. Usually meat from the forequarter tends towards being flavoursome but tougher and in need of slow cooking, but this particularly cut is from a muscle hidden and barely used, making it, apparently, the 'fourth most tender' steak cut of beef and richly marbled.

Like most steaks this is best served rare to medium, it can be marinated or served simply topped with chive butter and matched with chips and a green salad.

01462 420851
MAYDENCROFTMANOR.CO.UK



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NATIVE BREEDS FARM

DENVER STEAK WITH MISO MARINADE

This easy Japanese style recipe has a beautiful flavour and is a superb lighter alternative to 'steak and chips'. Serve with a salad of cucumber, baby-leaf spinach, spring onion and radish in a soy and sesame oil dressing.

INGREDIENTS

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

Sesame oil (or rapeseed / sunflower oil)

Sesame seeds to serve

MISO MARINADE

2 tbsp brown miso paste

1 tbsp sake or dry sherry

2 crushed garlic cloves

1 tbsp caster sugar

METHOD

1. Combine all the marinade ingredients in a sealable freezer bag, season with a good grind of black pepper. Add the steaks and squash it all together until thoroughly mixed and steaks coated. Seal the bag and leave in the fridge for up to two days but at least an hour.
2. Take the steaks out of the fridge to reach room temperature for cooking and remove from the marinade, keep the marinade. Wipe / dry the steaks for cooking.
3. Heat a heavy based frying or griddle pan until very hot.
4. Brush the steaks with sesame oil on both sides. Then sear the steaks for about 2-3 minutes on each side until cooked to your preference.
5. Take the steaks off the heat and set aside to rest in a warm (not hot) place.
6. Turn the heat down to low on the pan and deglaze with 3 tablespoons of hot water. Add the marinade mixture and reduce by half. Taste and season if necessary.
7. Slice the steaks then drizzle with some of the miso sauce, keeping the rest to serve separately. Scatter the steaks with sesame seeds and serve immediately

CHEF'S TIPS

- 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, its 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

10 mins prep (+ marinating time) | 10 mins cooking