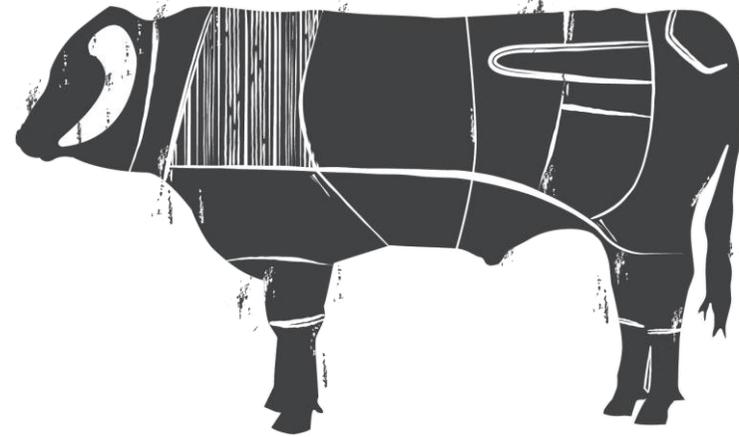




MAYDENCROFT MANOR

NATIVE BREEDS FARM



FLAT IRON STEAK

Probably the most talked about of the so called 'modern' steaks this steak has a well-deserved reputation for flavour and texture. Like the Denver Steak, it is a cut from an underused muscle in the forequarter – making it tender, lean and perfectly flavoured.

As a grass-fed native breed, English Longhorn cattle tend to be smaller than commercial, intensively-fed continental breeds of cattle. This means the seam running through the centre of the flat iron steak is difficult to remove without compromising the shape and size of the steaks - this seam is similar to that found around a rump-steak and adds to the flavour when cooking. It is straightforward to slice around it when serving or eating and should by no means deter anyone in search of a delicious, beautifully lean, tender steak. Flat iron is excellent served just like other traditional steaks such as rump and sirloin. A real Saturday night treat with steamed green beans, sautéed garlic potatoes and dijonaise.

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PEPPER CRUSTED FLAT IRON STEAK WITH AVOCADO AND BALSAMIC SALAD

This delicious salad can be served with garlic ciabatta or crushed roasted baby potatoes in their skins.

INGREDIENTS

STEAKS

2 Maydencroft Flat Iron steaks (approx. 500gm total).

1 garlic clove, halved

2 tsp crushed / ground black pepper corns,

Flaky sea-salt

Flavour-less oil such as rapeseed or sunflower

SALAD

Ten cherry tomatoes halved

Mixture of baby leaf greens such as rocket, chard and spinach.

1 ripe avocado diced (with lemon squeezed over to prevent browning)

VINAIGRETTE

3 tablespoons good quality balsamic vinegar

120ml extra virgin olive oil (or basil infused olive oil)

½ tsp Dijon mustard

TO SERVE

Large bunch basil, torn

Garlic sourdough croutons

Small hunk of blue cheese for crumbling (amount to your preference)

Main Course

Serves 2 people

30 mins prep | 10 mins cooking

METHOD

1. Take the steaks out of the fridge to reach room temperature for cooking.
2. Prepare the salad on a large platter, mix up the vinaigrette but don't dress the salad at this point.
3. Heat a griddle or heavy based frying pan to a smoking hot heat
4. Brush the steaks with rapeseed oil on both sides and rub with the cut side of the garlic clove, then cover with the crushed peppercorns all over the steaks.
5. When the pan is absolutely smoking hot, place the steaks on (one at a time if needed to avoid over crowding). Pan-fry for a few minutes on each side until cooked to your liking - the outside should be charred, and the inside pink and rare to medium rare. Put aside to rest.
6. When you are ready to serve, slice the steaks, arrange the slices over the salad and season with sea salt. Drizzle over the vinaigrette, and scatter with torn basil, the croutons and some blue cheese. Serve immediately

CHEF'S TIPS

- Flat Iron steaks are fantastic on the barbeque! Make sure it has red-hot glowing embers, and that the BBQ grill is low and close to the coals, to ensure a chargrilled outside and rare inside to the meat.
- 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!).