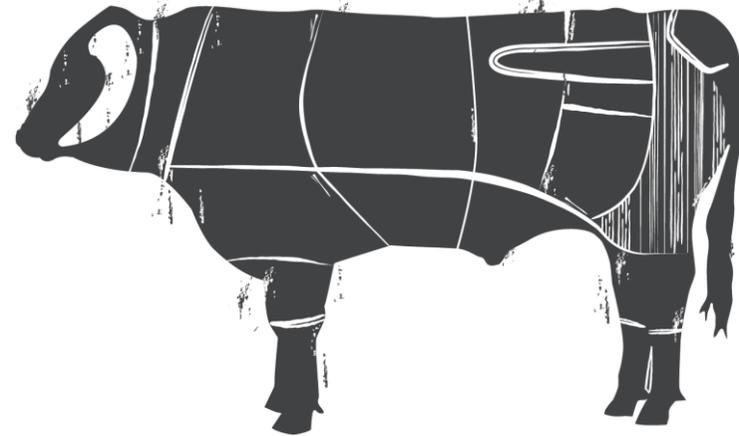




MAYDENCROFT MANOR

NATIVE BREEDS FARM



MINUTE STEAKS

These steaks are cut from the thick flank and as the name implies, this really is a fast cooking steak; don't over-do it! It is cut thin to allow the chef to get the superb flavour, without overcooking and compromising the texture.

A simple crowd pleaser with little intro required, this is the steak for a perfect steak sandwich, slice it onto crusty white bread with horseradish mayonnaise and rocket, or flash fry it in a stir fry - it makes a tasty Thai Panang curry.

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NATIVE BREEDS FARM

MINUTE STEAK SANDWICH WITH ROCKET AND WILD GARLIC

Use fresh crusty bread, horseradish mayonnaise and wild garlic for a sure-fire winner, serve with chunky chips on the side for a treat, and extra horseradish mayonnaise.

INGREDIENTS

- 4 Maydencroft Minute Steaks (approx. 500gm total).
- 2 tsp crushed / ground black pepper corns,
- 8 slices of fresh crusty bread or halved ciabattas
- 1 handful of wild garlic
- 1 handful of wild rocket
- Flaky sea-salt and black pepper
- Flavour-less oil such as rapeseed or sunflower
- 4 tbsp mayonnaise
- ½ tsp hot horseradish sauce or grated fresh horseradish.

METHOD

1. Take the steaks out of the fridge to reach room temperature for cooking. If needed, use a rolling pin to flatten them all to an even thickness.
2. Mix together the horseradish and the mayonnaise
3. Wash and dry the green leaves.
4. Heat a griddle or heavy based frying pan to a very hot heat and briefly toast each slice of bread on the pan on one side.
5. Brush the steaks with rapeseed oil on both sides then place the steaks on the pan (avoid over-crowding). Pan-fry for about 30 seconds on each side.
6. Remove the steaks and put aside in a warm (not hot) spot to rest.
7. Reduce the heat to medium, add a tsp of oil or butter and wilt the garlic leaves with a splash of lemon juice.
8. Lay the wilted garlic leaves on one of the crusty sides of the bread slices, with some rocket leaves, followed by a steak. Season the steak with salt and pepper, and drizzle over any resting and cooking juices. The juice from the steak and garlic leaves will soak into the bread.
9. On the toasted side of other slice, spread with the horseradish mayonnaise, place on top of the open steak sandwich and serve immediately

CHEF'S TIPS

- Wild garlic can be purchased online or foraged in spring to early summer. **Just be sure to identify it correctly, other plants that can grow nearby such as Lily of the Valley look similar and are poisonous!**
- It is best not to season your steak until you're about to eat it as salt takes moisture out of the beef,
- 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 4 people
10 mins prep | 15 mins cooking