

Method:

Anchovy Butter directions:

1. In a food processor add all ingredients and blend. Scoop out soft butter into a container with a lid and place in the fridge. Or place on plastic wrap and shape into a log before refrigerating.

Scotch Steak directions:

- 1 Place potato in a large saucepan of cold salted water, bring to the boil over high heat, cook until tender (10-15 minutes). Drain, return to pan with butter, mash well then add cream. Season to taste, keep warm.
- 2 Meanwhile, place the steaks, olive oil, garlic, rosemary and half the wine in a glass dish, add salt and pepper, turn to coat, cover & set aside.
- 3 Heat a large frying pan over high heat.
- 4 Drain beef from marinade, add to pan and cook, turning once, until cooked medium rare. Cook steaks separately, or in a big enough pan so they do not 'stew'.
- 5 Remove from pan, cover with foil and rest (5 minutes). Deglaze pan with remaining wine, add stock, simmer until reduced to a glaze (3-4 minutes).
- 6 remove anchovy butter from the fridge and cut into slices, one for each steak. The rest can be kept for up to 6 months in the freezer.
- 7 Serve steak with sauce, mash, and steam greens of your choice...

Serves 4

Prep time less than 30 minutes

Cooking time 10 to 30 minutes



Scotch Steak with Anchovy Butter

Ingredients:

Anchovy Butter:

1/2 cup butter, room temperature
10 to 12 anchovy fillets packed in oil, roughly chopped.
small clove of garlic, minced.

6 to 8 Dill fronds
pinch of red pepper flakes

Scotch and Mash:

800gm potatoes, cut into 2cm pieces.
60gm butter coarsely chopped.
100ml pouring cream.
4 Scotch fillet steaks (about 200gm each)
60ml (1/4 cup) olive oil
2 garlic cloves finely chopped.
1 tbsp finely chopped rosemary
70ml red wine - The Schiller!
150ml beef stock

