Gordon Ramsay’s Perfect Steak

DESCRIPTION

Gordon Ramsay’s method for cooking a perfect, yet

simple fillet that pairs well with many sides of your

liking.

INGREDIENTS

1 fillet steak (125g) at room temp

15ml olive oil

1 whole garlic clove

herb sprig

salt

pepper

INSTRUCTIONS

1. Heat frying pan to medium heat.

2. Add 15ml oil, whole garlic clove, and herb sprig.

3. Season both sides of fillet with salt and pepper.

4. Cook each side for 2-3 minutes.

5. Sear the rounded edges and add a knob of butter.

6. Allow the butter to foam and baste both sides of steak thoroughly.

7. Move steak to a plate and allow it to rest for at least 5 minutes.

8. Serve along with any sides of your liking.