

STEAK & CAFÉ AU LAIT SAUCE

Ingredients

Rub for the steak

3 Tbsp (45 ml), medium ground coffee beans
2 Tbsp (30 ml) sea salt
1 Tbsp (15 ml) paprika
1 Tbsp (15 ml) brown sugar
1 Tbsp (15 ml) ground garlic
1 Tbsp (15 ml) onion powder
1 Tbsp (15 ml) mustard powder
1 Tbsp (15 ml) cumin
1-2 tsp (5-10 ml) chilli powder
1 tsp (5 ml) black pepper

Café au Lait Mushroom Sauce

375 ml fresh cream
1½ Tbsp freshly ground coffee
a knob of butter
150 g shiitake and shimeji mushroom mix
125 ml good quality beef stock
1 Tbsp fresh thyme, chopped
1 Tbsp chives, chopped
sea salt and freshly ground pepper

The Steaks

Sunflower oil

4 x 250 g centre cut fillet steaks
a big knob of butter
2 garlic cloves, whole but squashed
a big spring of thyme

Method

Step 1

Mix the rub ingredients together well set aside until ready to use.

Café au Lait Mushroom Sauce

Step 1: Add the cream and ground coffee to a small saucepan over medium heat and stir to combine. Bring the cream to a boil and then simmer for 1 minute before removing from the heat. Allow the cream to infuse for 15 minutes then strain the cream through a very fine sieve or a piece of muslin cloth. Set the coffee cream aside until ready to use.

Step 2: Melt the butter in a large frying pan over a medium-high heat. Fry the mushrooms for 3-4 minutes until golden brown, then remove the mushrooms from the pan and set aside.

Step 3: Add the coffee cream and stock to the pan and bring to a boil. Simmer for a 5-7 minutes to reduce and thicken. Then add the mushrooms, thyme and chives to the cream and stir gently to combine. Season with salt and pepper and turn off the heat. Reheat the sauce when you are ready to serve your steaks.

The Steaks

Step 1: Pat the fillet steaks dry and then season with coffee rub. Drizzle with canola oil and set aside.

Step 2: Heat a large cast iron pan over high heat until the pan begins to smoke. Carefully place the oiled steaks into the pan and cook for 1 minute. Flip the steaks and cook for another minute then add the butter, thyme and garlic.

Step 3: Carefully tilt the pan and baste the steaks with the foaming, melted butter. Continue cooking the steaks for 1 minute a side and basting with every flip for a total of 3-4 minutes a side depending on how you like your steak.

Rest the steaks for at least 10-minutes, then serve with warm café au lait mushroom sauce.

THE COOKERY

by The Secret Jozi Chef