

Steak Diane

Ingredients

4 x small sirloin steaks, approx 200gms.
3 shallots, peeled
4 ounces crimini mushrooms, cleaned (if crimini unavailable use button mushrooms instead)
1 tablespoon salted butter
1 garlic clove, peeled
1 -2 tablespoons Worcestershire sauce, to taste
1 tablespoon Dijon mustard
1/3 cup brandy or cognac
1 cup heavy cream
Small handful of flat-leaf parsley

Method

Step 1

Using a meat mallet or rolling pin, roll out the steaks to flatten and cut off any excess fat. Season the steaks on both sides with salt and pepper. Heat a little olive oil in a skillet pan large enough to accommodate the 4 steaks in one layer. Quickly sauté the steaks for up to a minute on each side then remove from the pan and set aside to rest.

Step 2

To make the sauce for the steaks, heat some olive oil in a separate pan. Slice the shallots and add to the pan, allow to soften briefly before slicing and adding the mushrooms with a tablespoon of butter.

Step 3

Crush in the garlic using a garlic press. Add the Worcestershire sauce, then the mustard and heat through for a minute. Turn up the heat and tilt the pan away from you. Pour the brandy into the far end and allow it to ignite - be careful that the flame that flares up doesn't singe your eyebrows! Once the alcohol has burnt off, swirl the juices around the pan.

Step 4

Add the cream and allow the sauce to thicken before turning down the heat. Introduce the steaks back into the pan and cook a little further depending on how well done you would like them. Chop the parsley and add half to the pan. Serve Immediately

THE COOKERY

by The Secret Jozi Chef

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