

Red Ruby Devon

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Lesley Waters cooks Red Ruby Devon fillet poached in red wine

Seared fillet steaks poached in red wine and served on a spring salad of asparagus, tender stem broccoli and baby potatoes à la Grecque style, with a cheat's béarnaise sauce.

Serves 2

INGREDIENTS

2 x 170g Red Ruby Devon fillet steaks

seasoning

rapeseed oil

150mls red wine

2tbsp balsamic glaze or thick balsamic vinegar

1. Rub the fillet steaks with oil and season well with sea salt and freshly ground black pepper.
2. Heat a non-stick frying pan over a moderate heat. When the pan is hot add the steaks and sear on each side for 1 minute.
3. Remove the pan from the heat and add the wine (take care as it will splutter).
4. Cover the pan with a tight fitting lid and return to a medium heat. Poach the steaks for a further 2 minutes, basting with the wine occasionally as it becomes syrupy.
5. Remove the steaks to a warm plate and allow to rest for a few minutes. Meanwhile, return the pan to the heat, add the balsamic and reduce a little more until saucy and syrupy. Season to taste. Serve the steaks with the sauce spooned over. Serve with the vegetable à la grecque and cheat's béarnaise on the side.

CHEAT'S BÉARNAISE

2 tablespoons mayonnaise

4 tablespoons soured cream

1 tsp grainy mustard

squeeze of lemon juice

1 tablespoons chopped tarragon

In a small saucepan simply heat together the mayonnaise, soured cream and mustard. Add the lemon juice and tarragon, season to taste and serve.

VEGETABLES À LA GRECQUE

Serves 2

100g small carrots, peeled
100g baby new potatoes
150g asparagus, sliced in half from top to bottom
100g tender stem broccoli
2 tablespoons olive oil
1 garlic clove, peeled and sliced
splash of white wine vinegar or lemon juice
1 tablespoon chopped parsley

1. Bring a large pan of water to the boil. Add the carrots and potatoes, cook for 8 minutes then add the tender stem and asparagus. Cover and bring back to the boil.
2. Remove the lid and cook for 3-4 minutes, drain and refresh under cold water.
3. Meanwhile, warm the oil and sliced garlic in a small pan for 1 minute. Discard the garlic, add the vinegar or lemon juice and parsley.
4. Drain the vegetables on kitchen paper and arrange on a large serving plate. Pour over the infused oil and season well. Serve with the fillet steak and cheat's béarnaise sauce.

Find out more about chef, Lesley Waters www.lesleywaters.com