



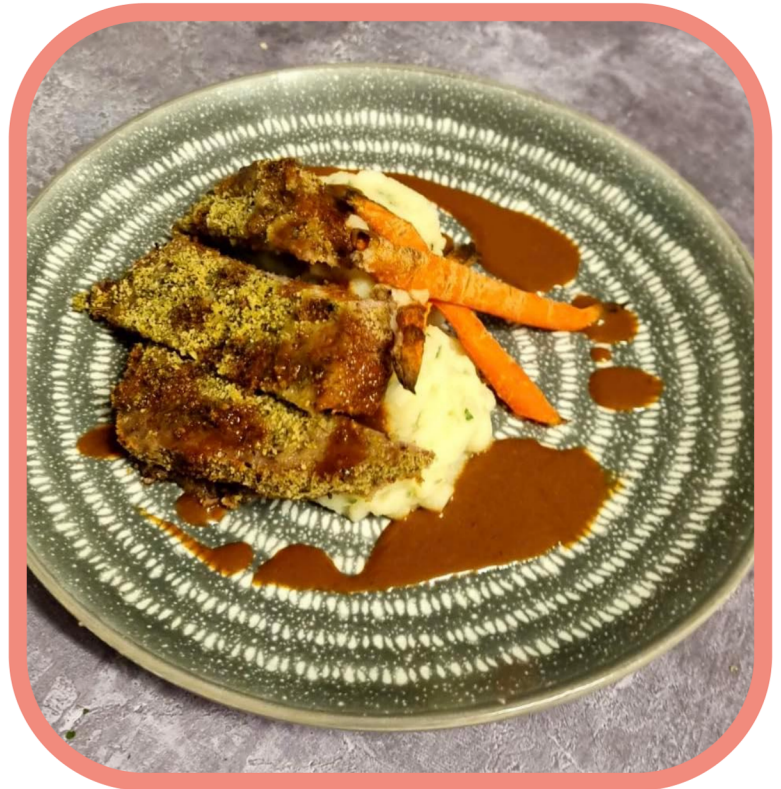
LANARKSHIRE
LARDER

CRUSTED FILLET STEAK WITH A BLACK TEA SAUCE

by Cooper Butcher

Ingredients

- 2 fillet steaks, cut inch thick
- 100ml white wine
- 2 black tea bags
- 1/2 white onion
- 3 tablespoons breadcrumbs
- 20g butter
- A sprig each of rosemary and thyme
- Salt and pepper to taste





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Directions

- Marinate the steak in half the wine for around an hour.
- Heat oven to 200°C.
- Blitz the rosemary and thyme in food processor or pestle and mortar, add breadcrumbs and add a small knob of butter, and form into a paste.
- Put the butter in a hot pan, add onion, the rest of the wine and the marinating juices and bring to a boil. Allow to simmer for 5 minutes.
- Take off the heat and add the teabags. Allow to infuse for a couple of minutes. Season to taste and put to one side.
- Roll the steak in the breadcrumb paste. Oven bake until the crust is golden and crispy.
- Bring the sauce up to a simmer.
- Serve with mash and your choice of vegetables.

