
Online Lesson – Steak, Wedges and Mustard Mayonnaise

Equipment Required

Sharp Knife
Chopping board
Large frying pan
Large bowl
Small bowl

Baking tray
Scales
Tablespoon
Teaspoon

Serves 4

Ingredients

c.200g (7oz) Sirloin steak per person
Rocket (Arugula) to serve
4 medium potatoes (russets or maris piper are great)
4 tbsp mayonnaise (shop bought or homemade)
1 -2 tbsp Dijon mustard
1 tbsp chopped tarragon (optional)
1 tsp garlic powder
1 tsp paprika
1 tsp sea salt
Vegetable oil
Black pepper
Sea salt

Recipe – Steak Cookery

c.200g (7oz) Sirloin steak per person

Sea salt

Vegetable oil

Rocket (Arugula) to serve

1. Firstly, good quality meat is really important, make sure you find a good source of high welfare beef. Not only is it better for your body and the planet, it tastes better! I like a sirloin steak as it has a good balance of tender texture yet still flavour from the fat.
2. Take the meat out of the fridge and let it get to room temperature for an hour or so.
3. Season the meat well with salt before cooking and rub oil onto the meat rather than the pan.
4. Let a heavy based frying pan get hot on a high heat. Once hot lay the steak in the pan away from you and don't touch it for 2 mins, this allows a lovely crust to form. Turn the steak over and cook for a further 2 mins. At this point the steak should be cooked medium rare. Test the firmness with your fingers to see.
5. Remove the steak from the pan, season with pepper and allow to sit for at least 5 minutes.
6. I like to slice the steak and serve with the resting juices poured over.

Recipe – Crispy Wedges

4 medium potatoes (russets or maris piper are great)

3 tbsp oil (olive oil or vegetable oil)

1 tsp garlic powder

1 tsp paprika

1 tsp sea salt

Black pepper

1. Preheat your oven to 200C (390F)
2. Cut each potato in half lengthways, then in half again to make quarters. Cut each wedge into 2 or 3 depending on the size of the potato. Even thickness here is important.
3. Place the potatoes into a large pan or bowl and cover with hot water.
4. After 10 mins drain the potatoes and dry with a tea towel. Place on a baking tray in one layer and drizzle with the olive oil, sprinkle with the garlic powder, paprika, salt and pepper. Toss the potatoes until they are all generously coated in oil.
5. Bake for 30mins (Checking half way to flip over), they should be golden, crisp and feel fluffy in the middle when pierced.

Recipe – Mustard Mayonnaise

4 tbsp mayonnaise (shop bought or homemade)

1 -2 tbsp Dijon mustard

1 tbsp chopped tarragon (optional)

1. Add the mayonnaise, mustard and chopped tarragon to a bowl
2. Mix slowly until combined
3. Serve or keep in the fridge until required.