



## PORTERHOUSE

*Swan Bay Butchers*

### **Steak Frites with Knockout Mushroom Sauce**

Prep Time: 10 minutes

Cooking Time: 35 minutes

Serves 4

#### **INGREDIENTS:**

- 800g Porterhouse Steak, fat trimmed
- 3 tbsp extra virgin olive oil
- 500g Dutch cream potatoes, scrubbed
- zest of 1 lemon
- 2 sprigs rosemary leaves, chopped

#### **KNOCK OUT MUSHROOM SAUCE:**

- 20g butter
- 1 brown onion, halved and sliced
- 2 tsp picked thyme leaves
- 400g swiss brown mushrooms, halved
- 1 tsp Dijon or wholegrain mustard
- 2 tsp Worcestershire sauce
- ¼ cup red wine
- ½ cup stock (or water)
- ¼ cup natural yoghurt
- steamed broccolini and green beans, to serve



#### **METHOD:**

1. Place porterhouse on a plate and brush with 1 tbsp olive oil.
2. Cut potatoes into chunky chip shapes and mix in a bowl with grated lemon zest, rosemary, 1 tbsp of olive oil, salt and pepper. Spread on a large baking tray and roast for 30 minutes at 200C fan forced until deeply golden and crispy.
3. Heat remaining oil in a large frying pan over high heat, add butter, onion and thyme leaves and cook, stirring often for 5-8 minutes until onion has softened and is starting to turn golden. Add mushrooms and allow to brown, do not stir too much. Season. Cook for 5 minutes, stirring only occasionally. Once mushrooms have good colour, add mustard, Worcestershire and wine, allow to bubble up and reduce. Add stock and stir, scraping the bottom. Remove from heat. Allow to cool slightly, stir in yoghurt.
4. Heat a lightly oiled BBQ or chargrill pan over high heat and cook steak for 3 minutes each side, until medium rare, or to your liking. Serve steak, thickly sliced, with chips, sauce, broccolini and beans.