



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Pan-fried Steak and Chips with Tarragon Salt

Ingredients

2 potatoes, peeled
2 tbs duck fat
400g rib eye steak
60g butter
Olive oil
4 medium mushrooms, stalk removed, finely sliced
1 garlic clove, finely diced
2 tbs brandy
1 cup veal glaze
1 tbs cream
Handful green beans
1 tsp rock salt
½ tsp tarragon



Method  officially tested

Serves 1 1. Cut each potato to make 4 rectangles.

2. Heat the duck fat in a frying pan over medium heat and place the potatoes into cook, turn occasionally to brown the chips all over.

3. Cut an incision between the bone and the steak and tie with cooking string, to help retain shape, heat oil and butter in a frying pan over a high heat and cook the steak for 3-4 minutes each side for medium or until cooked to your liking, spoon over the butter and oil while cooking.

4. Melt the butter in a frypan over medium heat, add the garlic and sauté the mushrooms, add the brandy and allow the alcohol to cook out for a minute, add the veal glaze, simmer for a few minutes then strain the mixture, retaining the mushrooms.

5. Pour the sauce into a clean frying pan and simmer, reduce slightly, stir in the cream, add the mushrooms back into the sauce and heat.

6. Bring a saucepan of salted water to the boil, reduce to a simmer and blanch the beans for 2-3 minutes.

7. Using a pestle pound the rock salt and tarragon leaves in a mortar to make tarragon salt.

8. Serve the steak topped with the mushrooms with the chips and beans to the side, spoon over the sauce to serve.