

STEAK “MAMAN BLANC”

Introduction:

The best steak in the world, cooked the way my Mother would do it. These great women cooks understood an important basic technique; pan-frying meat in such a way that you can create the most delectable juices with a simple medium – water. A versatile technique that will fit with any meat, Veal, Pork, Lamb etc.

Serves (Yield):	2	Difficulty rating:	●●○
Preparation time:	20 mins	Cooking time:	4-8 mins
Special equipment:	Thick bottomed frying pan		

Ingredients:

2 x 225g thick		Rump or sirloin steaks (preferably organic (*1)), 2 cm
1g	1 pinch	Sea salt
2g	1 tsp	Pepper, black, coarsely ground
15ml	1 tbsp	Olive oil
30g	2 tbsp	Butter, unsalted
100ml		Water

Method:

Season the steaks with the salt and scatter the black pepper over them, pressing it firmly into the steaks on each side.

On a medium heat, in a large frying pan, heat the oil and butter until the butter is foaming **(*2)** don't let the butter burn or it will become carcinogenic and indigestible, besides tasting unpleasant.

Raise the heat to medium high **(*3)**, lay the steaks in the foaming butter and cook for 1½–2 minutes on each side for rare, 3 minutes for medium rare, or 4 minutes for medium. To test if the meat is done, press it gently with your forefinger **(*4)**.

Transfer the steaks to a warm plate with tongs. Pour the water into the hot pan; there will be a lot of sizzling, and the water and butter will create an emulsion. Scrape the base of the pan with a wooden spoon to release the caramelised residue, which will give taste and colour to this succulent juice. Pour the juice on to the steaks and serve immediately.

Chef's notes (*):

- *1** The success of the recipe will depend on the quality of the meat you buy. Look for aged beef hung on the carcass for a minimum of 21 days with good fat marbling.
- *2** The foaming butter should turn light brown and smell very nutty. It is important to let it reach this stage, so that it will slowly caramelise the surface of meat. The liquid will then create deposits on the pan, which will form the base for the most marvellous pan juices.

- *3 You raise the temperature briefly to account for the cold mass (the steaks will reduce the temperature of the surface of the frying pan).
- *4 For a rare steak, the meat should feel soft and your finger will almost leave an imprint; medium rare will be far more resistant and your finger will not leave an imprint; medium will feel quite firm, because the fibres are cooked.

Variations:

- **Meat:** You can easily replace the steak with any meat you can think of – veal, pork, lamb, etc. etc however the cooking time will be slightly longer.
- **Sauce:** You can finish the jus with additional flavourings; a little mustard, some tomatoes, herbs, a little wine etc...

Nutrition Facts:

Nutritional highlights: **Beef** is an excellent source of vitamin B12 – Important for the blood, nerves and help to release energy from food. And protein – needed for growth and repair of the body.

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