

Yorkshire Rib Eye Steak

pumpkin and Wensleydale mash, mustard grain tarragon sauce,
sautéed carrots and squash

Serves 4

Ingredients

4 x 8oz Yorkshire rib eye steaks
½ pumpkin peeled, de-seeded and cut, boiled until soft, drained well
2 large potatoes (Maris Piper would be best) peeled, washed, cut boiled until soft and well drained.
90 gm butter (40 + 50)
40 ml double cream + 2 tablespoons
200 gm Wensleydale cheese
A glass of red wine
¼ pint of beef stock
2 tablespoons of whole grain mustard
2 tablespoons of chopped fresh tarragon leaves
Sage
Parsley
4 medium carrots
4 medium squash
Cooking oil

Method

Mix the potato and pumpkin in a pan and reheat slightly until any excess moisture has been removed.

Mash the potato mix, season with salt and pepper and add approximately 40 gms butter and 40 ml double cream. Mix well to make a nice light mash.

Grate 200 gms Wensleydale cheese and add to the mash. Leave some cheese to sprinkle over the mashed potato on the plate.

To fry the steaks:

Season the 4 steaks with salt and pepper.

Add a tablespoon of oil to a very hot pan and then place the steaks in it, frying at full heat until they are golden brown, then turn the steaks over and repeat. Add 50 gms butter to the pan and cook the steaks for a further minute. Remove from the pan then place on a tray and finish in the oven at 180°C for 4-9 minutes depending on how you like your steak. Alternatively cook under a hot grill.

Peel and slice the carrots then cook in salted water until they are al dente. Check the seasoning and serve with some finely chopped parsley.

Peel the squash and slice. Sauté in a pan with some chopped sage, butter and salt and pepper.

Using the pan with the steak juices inside, add a glass of red wine and reduce down until there is hardly any juice left, approximately 2 tablespoons.

Next add ¼ pint of beef stock. If you do not have time to make your own this can be purchased from a supermarket as a fresh stock or failing that a stock cube will do!

Reduce again, and by this time your steaks will have been removed from the oven and any excess juices from the tray should be added to the sauce as the steaks rest. Add a couple of tablespoons of double cream to enrich the sauce, 2 tablespoons of

whole grain mustard for the main flavour and 2 tablespoons of chopped fresh tarragon leaves.

Boil for ½ a minute or so until a thick, herby, creamy mustard sauce is obtained. Season if necessary.

Put the steaks on four warmed plates. Place the mashed potato on the plate, sprinkling the excess Wensleydale cheese over the top and pour the sauce around. Place the squash & carrots on to the plate and serve.