



Yorkshire Rib Eye Steak Colcannon Mash, Tarragon Sauce, Sautéed Carrots and Squash

Recipe by Farthings part of Leeds City College

INGREDIENTS

Serves 4

4 x 8oz Yorkshire rib eye steaks
110g butter (plus 50g for the steak)
200g Wensleydale cheese
A glass of red wine
¼ pint of beef stock, homemade or bought from supermarket
2 tablespoons of chopped fresh tarragon leaves
Sage
Parsley
4 medium carrots
4 medium squash
4 medium Desiree potatoes, peeled and cut into ¼'s
1 leek, outer leaves removed, sliced into 2 longways, washed and then sliced again into small pieces
¼ savoy cabbage, core and outer leaves removed and finely sliced
½ bunch spring onions, washed and cut into small rounds
2 tablespoons double cream
Cooking oil
Salt and pepper to taste

METHOD

For the Colcannon Mash:

Boil the potatoes until soft then drain. Return to the pan and place back on the heat for 1 minute stirring with a wooden spoon – this will remove any excess moisture. Mash using a ricer machine or potato masher. Add half the butter and all the double cream and set aside.

Fry the leeks, cabbage and spring onions in the remaining butter until soft (trying not to colour –leeks will burn easily if you forget them!). Add the above to the potatoes and season with salt and pepper.

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 50g 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/gas mark 4 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. 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, for the main flavour add 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.

Warm plates and serve.

