

Rump Steak

*Poached in red wine
with garlic mash...*



Rump Steak, wine and garlic mash.

Succulent rump steak poached in red wine and served on a bed of buttery roast garlic mash. Can there possibly be anything better?

Ingredients...

2 rump steaks (about 200g/8oz each)
140g mushroom, quartered
A good bunch of fresh thyme sprigs
150ml red wine
Potatoes sufficient to make enough mash for two people
1 bulb of garlic
A good splash of soy sauce

Approach...

This is a super quick recipe but it does need a little preparation for the mash - garlic mash! First off, take most of the skin of the bulb of garlic. You need a large bulb so if small - use two. Rub the thin skin in olive oil and the put in the oven on a small oven pan. Bake the garlic until very soft - at around 180C. That's all the preparation done. Leave to cool. Peel the potatoes - a nice fluffy white potatoe is great and add to a pan of water and carry on as a normal mash.

Whilst the pan of potatoes is on you need to think about the steak. First seal the steak in a large heavy saucepan first one side then the other. Be brave and do not move it or lift it until you're sure you have sealed each steak side. Once sealed on both sides lift the steak to a plate and let it cool for a minute or two and then slice into thin strips. Go back to your frying pan, which had the steak in and add a little olive oil and start frying the mushrooms, then return the steak strips (and juices) and move around the pan whilst drizzling the soy sauce over, wait for a second or two then pour in the wine, add the thyme and leave to slowly reduce.

Now move quickly back to the potatoes. Once soft, drain and leave for a minute. Add a good knob of butter - be generous - and then squeeze our the roasted garlic cloves into potatoes. Mash as normal - no lumps now!

Quickly move to the plate, lay the strips of steak over and drizzle the readwhite and mushroom sauce over the top. Serve with a good cursty bread and a fine wine.

Servings: 2 persons.



"We're probably in, just about one of the best place in the whole of the UK for game. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."

Charlie Munro, John Munro Limited.

John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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