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by ewfood

Oregano Steak



Ingredients

1/4 kg beef steak
2 tbsp butter
2 tbsp olive oil
1/2 cup dry red wine
1/2 tsp dried oregano
Salt and freshly ground black pepper

Preparation

- 1 First, the steak should be 1/2 inch thick
- 2 if necessary, pound between two sheets of waxed paper to achieve this thickness.
- 3 Heat the butter and olive oil in a large sauté pan set over medium-high heat.
- 4 After the butter is hot, add the steak and fry to brown on one side, about 3 minutes.
- 5 If the steak is larger than your sauté pan, cut in half.
- 6 Turn and season with salt and pepper.
- 7 Brown the other side, about 3 minutes.
- 8 Remove and set aside.
- 9 Add the wine and oregano to the pan, scraping up any meat pieces that may have stuck to the bottom.
- 10 Simmer to sweeten the wine for around 1 minute.
- 11 Meanwhile, cut the meat into six equal portions.
- 12 When the wine sauce is ready, pour it over the meat and serve immediately.
- 13 Serve with new potatoes or bread and salad.

Cooks Note
