



Posted on 6 October 2014

by Liz Robb

Steak with mushroom sauce



Ingredients

2 rump or sirloin steaks
A little sunflower oil
Freshly milled black pepper
30g butter
1 small white onion
2 cloves of garlic
120g crimini mushrooms
80g white button mushrooms
100ml good beef stock
150g double cream
1 teaspoon of wholegrain mustard
Salt
1 teaspoon of ground cumin
A large handful of fresh parsley

Preparation

1. Take the steaks out of the fridge half an hour before cooking so that they are at room temperature. [I used rump steak, but you could choose any tender cut that is not too thick for pan frying.]
2. Peel and chop the onion very finely, wipe and slice the mushrooms, and peel and crush the garlic. Chop the parsley finely, discarding any thicker stalks.
3. Melt 20g of butter in a pan over a low heat, reserving 10g of the butter. Add the onion and cook it in the melted butter for 3-4 minutes, stirring frequently to prevent it from browning, until it is soft. Add the crushed garlic and cook for another minute.
4. Stir the sliced mushrooms into the onions and cook gently for about 3 minutes, stirring occasionally.
5. Add the beef stock a little at a time and stir, then allow to simmer for 10-12 minutes, or until the stock has reduced by half and the sauce has thickened, stirring occasionally.
6. Meanwhile, rub a little sunflower oil into the steaks and season with black pepper. Heat a skillet, with a little more oil if you wish, until it is hot enough to sear the meat and form a brown crust. Pan-fry the steaks on both sides over a medium hot heat, turning half way through the cooking time. Adjust the timing according to your own preference for eating steak, rare, medium or well done. Once cooked, rest on a warm plate for a few minutes under foil whilst finishing the sauce.
7. Add the reserved butter to the sauce and stir in well. Season to taste with salt and black pepper, then add the mustard and ground cumin. Finally pour in the cream, sprinkle in the chopped parsley and stir as it heats through to finish the sauce.

8 Notes:

- 9 - I like the grainy texture of wholegrain mustard, but Dijon, English or American mustard can be used instead.
- 10 - You can reduce the fat content of the sauce if you wish by replacing the cream with low fat crème fraiche and using a smaller amount of butter.
- 11 - I love fresh parsley with mushrooms, but you can vary the herbs in the sauce by adding tarragon, thyme, chives or dried mixed herbs instead.
- 12 - This sauce also tastes good with other meats, such as chicken or venison.
- 13 - To make a delicious vegetarian dish, replace the beef stock with vegetable stock and then stir the sauce into pasta.

Cooks Note

This rich creamy sauce with a deep mushroom flavour makes a simple steak into something much more special! Served with buttered new potatoes and a selection of fresh seasonal vegetables, this is an easy meal to prepare that looks and tastes really good.

Many recipes for a mushroom sauce made to accompany steak rely on wine as the cooking liquid, but in this recipe a reduced beef stock takes its place, making a delicious thick buttery sauce with a golden brown colour.

This recipe makes 2 generous portions.
