

THE PERFECT STEAK

INGREDIENTS

- 1 Sirloin steak
- 1 Small knob of butter
- 1 bottle Rapeseed Oil
- Salt & Pepper

METHOD

1. Place a non-stick pan on the stove
2. Pour a little Rapeseed Oil, on top of one side of the steak and season.
3. Place the steak oil side down in a steaming pan
4. Cook for 2.5 mins and pour oil and season the other side of the steak
5. Cook the other side of the steak for 2.5mins.
6. Take the pan off the heat and add the knob of butter.
7. Smear the steak over the butter as its melting. This will create a shine on the steak
8. Rest for a min and enjoy

VIDEO

Prefer step by step video? No problem, just click below.

