

Steak with bernaise sauce

How many it serves: 1

Preparation time: 30 Mins

Ingredients

For the bernaise sauce:

350g/12¼oz butter	1 tbsp tarragon vinegar
2 shallots, finely chopped	1 tbsp dry white wine
8 peppercorns, crushed	3 free-range egg yolks
1 fresh tarragon sprig	Salt, to taste
½ bay leaf	1 tbsp chopped fresh chervil
1 fresh thyme sprig	1 tbsp chopped fresh chives

For the steak:

Vegetable oil for frying
4 x 150g/5¼oz beef fillets
Salt

To garnish:

1 bunch fresh watercress



Method

For the sauce, prepare some clarified butter by melting the butter in a small, heavy-based saucepan over a low heat. When the butter starts to foam, take it off the heat and leave it to stand for a few minutes so that the milk solids sink to the bottom of the pan. Line a sieve with a muslin cloth and pour the butter through it into a bowl. You should have 200ml/7fl oz for the béarnaise sauce. Keep it warm in a saucepan.

In a separate small saucepan (do not use an aluminium one), combine the shallots, peppercorns, tarragon sprig, bay leaf, thyme, tarragon vinegar and white wine. Bring to the boil and allow the liquid to reduce to a third of its original volume, being careful not to let it boil dry.

Strain the vinegar mixture into a heatproof bowl, discarding the flavourings.

Place the bowl over a pan of steaming water (don't allow the water to touch the bottom of the bowl.) Add the egg yolks and whisk over a gentle heat until the mixture is thick and creamy.

Take the bowl off the heat, and slowly whisk in the warm clarified butter, adding a splash of water if the sauce gets too thick. Season the béarnaise with a little salt, stir in the chopped chervil and chives and set aside.

To cook the steak, heat a frying pan and add a little oil. Season the meat with salt and brown each piece on both sides in the hot pan. Cook to the desired stage- 2-3 minutes on each side for rare, 4-5 minutes on each side for medium, and 6-7 minutes on each side for well-done. Remove the meat from the pan and drain on kitchen paper.

Place the steaks on four warm plates and serve with the béarnaise sauce and garnish with watercress