



Just simply delicious steak

Fillet or Sirloin steaks

For each steak 1dsp 'runny' honey and 1tbs dark soy sauce mixed together

- In a shallow glass dish marinade the steaks in the honey and soy mixture for at least 1 hour.
- Heat a little oil in a frying, griddle pan or wok.
- When hot quickly seal each side of the steak for 1 or 2 mins. Allow a little longer if you like your steak well cooked. Allow the meat to rest and your imagination to flow.

Serve hot on toasted olive or sun dried tomato bread with roasted cherry tomatoes. Sprinkle tomatoes with little olive oil, balsamic vinegar, sea salt and coarse ground black pepper. Roast in a hot oven until starting to 'wrinkle'.

Whilst the steak is resting quickly cook sliced chestnut mushrooms in the cooking juices, adding the remainder of the marinade at the end. Serve with wilted spinach.

Thinly slice the steaks and toss into a salad made with fresh salad leaves, fresh herbs (parsley, mint, coriander, chives, and marjoram), crispy cucumber, lightly steamed French beans, asparagus and sugar snap peas. Sprinkle with a dressing made from 2 tbs crème fraiche, 1 tbs Dijon mustard, 1 tbs olive oil, ½ tbs white wine vinegar and 2 tsp sugar