

Sand Hutton Salad Leaves with Hot Rib Eye Steak Strips York flat mushroom and caramelised onion

Serves 2

150g sliced red onion
50ml red wine or Porto wine
80g sugar
1 tablespoon of honey
80g butter

1 rib eye steak
80g York flat mushrooms (or 2 large mushrooms)
50ml of white wine
2 table spoons of olive oil
2 sprigs of thyme

200g Sand Hutton salad leaves
30ml salad dressing

Method

Melt 25g of butter in a saucepan, add the sliced red onion and cook for 5 minutes then add the honey, sugar and red wine, leave to cook on medium heat uncovered for 20 minutes stirring from time to time, making sure the sugar is not burning. Once cooked and most of the liquid has reduced reserve to one side.

Preheat your oven to 180°C, place the skinned flat mushrooms on a baking tray with the thyme, place a knob of butter on each mushroom, split the 2 table spoons of olive oil between each mushrooms and pour the white wine in the tray. Cover with a piece of tin foil and cook for 10-15 minutes in the oven or until soft.

Note: please be careful not to burn yourself with the white wine steam when opening the tin foil.

Melt 25g of butter in a frying pan, season the rib eye steak with salt and pepper and fry both sides to give the steak a nice golden brown colour, leave in the pan to cook depending on how you prefer your steak cooked. Reserve to one side to rest in the pan.

Note: the resting part is important so your steak does not become tough as the meat will have time to rest.

Season your lettuce with the dressing.

Put the cooked mushroom on a large plate then place the red onion marmalade over the top, slice the steak into strips and place over the onion marmalade, finish with the dressed salad leaves.

Enjoy!!!