

Chef Lau's Recipes

Caritas Jockey Club Lok Yan School

Care for the Carer Program

Cooking Class

Pan-fried Age sirloin steak with shallots, celeriac purée, wild mushrooms, fondant potatoes and Madeira cream sauce
(香煎牛排配曼德拉汁)



Ingredients:

For the fondant potatoes

50g butter
200g potatoes cut into square cube
Salt and pepper

For the celeriac purée

25g unsalted butter
½ onions chopped
1 sticks celery chopped
Salt and pepper
250ml milk
250ml water
300g celeriac peeled and chopped
1 sprig fresh rosemary

For the roasted shallots

25g butter
20 shallots, peeled and blanched
Salt and pepper
2 tablespoon sherry vinegar

For the Madeira cream sauce

50g butter
3 shallots, 2 sliced, 1 finely chopped
Salt and pepper
50g porcini
2 sprigs fresh thyme
110ml Madeira
150ml hot chicken stock
150ml double cream
Salt and pepper
125g mixed wild mushroom

For the steak

4 x 140g sirloin steaks
Salt and pepper
25g unsalted butter
1 tablespoon vegetable oil

Preparation method:

For the celeriac purée, -heat a saucepan and add the butter, onions, celery and salt. Fry gently for 2-3 minutes.

Add the milk, chicken bouillon and water, then the celeriac and white pepper. Bring to the boil, then reduce to a simmer and cook for 30 minutes.

Remove from the heat and allow to cool slightly. Press the mixture through a colander into a bowl and beat well until smooth. Transfer to a blender and blend to a very fine purée.

Return the purée to the pan, add a little butter and taste to check the seasoning. Set aside and keep warm.

For the fondant potatoes- melt the butter in an ovenproof sauté pan, add the potatoes, cut-side down, and fry until they start to colour. Add the boiling water, season and place the pan in the oven and continue cooking for around 12-15 minutes, or until the potatoes are golden and tender. Remove from the oven, sprinkle with freshly ground black and salt.

For the madeira cream sauce - heat a frying pan, add 25g/1oz of the butter, the two sliced shallots and a pinch of salt and cook over a low heat until the shallots are transparent.

Add the button mushrooms and continue cooking until they are slippery in texture, then add the thyme.

Add the madeira and simmer until reduced by half.

Add the chicken stock and reduce by half again, then add the cream and reduce this by half.

Stir in the remaining butter, then pass the mixture through a fine sieve into a clean pan and season with salt and freshly ground black pepper. Set aside and keep warm.

For the roasted shallots - heat the butter in a heavy-based pan. Add the blanched shallots and season with salt and freshly ground black pepper. Fry gently until the shallots are softened and coloured.

Increase the heat slightly, add the sherry vinegar to the pan and stir with a wooden spoon, scraping up the bits from the bottom of the pan. Set aside.

For the steaks - season the steaks on both sides with salt and freshly ground black pepper.

Heat a frying pan until very hot. Add the butter, vegetable oil and steaks and cook for 2-4 minutes on each side, depending on liking. Remove the steaks from the pan and leave to rest on a tray for a few minutes.

Pour off the excess fat from the pan the steaks were cooked in. Add a splash of water to the pan and pour in the Madeira cream sauce. Bring to the boil and reduce to a sauce consistency, then set aside.

In a separate frying pan, heat a knob of butter and gently fry the finely chopped shallot until softened but not coloured. Add the wild mushrooms and fry gently until softened. Add the wild mushroom mixture to the Madeira cream sauce.

To serve

Spoon the celeriac purée on plate then sliced the sirloin into halved and place the potatoes on side, put roasted shallot on top of the potatoes and spoon sauce around the plate.

* * * * * Prepared by Chef Lau Chi Wing * * * * *