



JERNEJ KITCHEN

BEEF STEAK WITH PORCINI MUSHROOMS AND SQUASH

Healthy, quick, delicious and seasonal.

SERVES	2	PEOPLE
PREPARATION:	10	MINUTES
COOK:	20	MINUTES

BEEF STEAK WITH PORCINI MUSHROOMS AND SQUASH

300 g Sirloin steak 2,5 cm / 1 inch thick

pepper, salt

1 tbsp olive oil

20 g butter

1 sprig fresh thyme

3 cloves of garlic

1/2 small hokkaido squash (kuri)

3 small porcini mushrooms

1 onion (or 5 small shallots)

240 g canned brown beans

1 bunch of fresh parsley

1 tbsp balsamic vinegar

TOOLS AND EQUIPEMENT

large frying pan

plate

wooden spoon

PAN FRY YOUR SIRLOIN STEAK

Season your sirloin steak to taste with salt and pepper. Heat a tablespoon of olive oil in large frying pan over high heat. When the pan become very hot, add the sirloin steak. Pan fry for 2 - 3 minutes on one side, then turn around, add a knob of butter, thyme and peeled clove of garlic. Pan fry for another 2 - 3 minutes for medium rare. If you prefer your steak well done, pan fry for 5 minutes on each side.

TRANSFER THE STEAK TO A PLATE

Transfer the steak to a plate and don't forget to pour over those delicious frying juices from the steak, they contain a lot of flavor.

USE THE SAME FRYING PAN

Using the same frying pan we will now prepare the vegetables and porcini mushrooms. Peel the squash and cut it on small chunks (around 1 - 2cm / 0.5 inch). Peel the onion and cut it one quarters, if you are using shallots, cut them in half. Add a tablespoon of oil into a frying pan and add the squash and the onion (or shallots). Cook for about 10 minutes on medium - low heat, stirring occasionally.

ADD THE PORCINI MUSHROOMS

Clean the porcini mushrooms and cut them on slices (thickness around 0,5cm / 0.2 inch). Peel two cloves of garlic and slice them thinly. Add the mushrooms, garlic and sprig of thyme to the squash and cook for another 3 minutes, stirring occasionally.

ADD THE BEANS

Drain and wash the beans. Add the beans, balsamic vinegar,

two tablespoons of water and chopped parsley to the squash. Cook for another 3 minutes, stirring occasionally. For some extra flavor we suggest adding those delicious, saved steak juices that were left from pan frying. Stir well and season to taste with salt and pepper.

SERVE

Cut the sirloin steak into 0.5 c, / 0.2 inch thick slices. Serve the steak with the squash, mushroom and beans combo. Enjoy.