

Steak Balmoral

...a hearty meal, fit for a Queen

By Joe Campbell

ingredients:

- 4 Aberdeen Angus rib-eye steaks or alternative
- 1 oz butter
- 1 shallot, chopped
- 4 tbsp Scotch whiskey
- 1 tsp coarse grain mustard
- ¼ pint bee stock
- 4 oz sliced mushrooms
- ½ pint whipping cream
- handful of fresh parsley, chopped
- salt and freshly ground black pepper to taste

directions:

- Pan fry the steaks to desired doneness, set aside, and keep warm.
- In a separate pan, melt the butter and sauté the chopped shallot until soft.
- Add the whisky to the pan and carefully set it alight.
- When the flame goes out, add the grain mustard, stock and mushrooms. Add the cream and bring to a boil. Reduce heat and simmer until the sauce has reduced by half, stirring from time to time.
- Add the chopped parsley just before serving. Season well. Pour over steaks to serve.

