

Onglet with Café de Paris butter and frites

INGREDIENTS

For deep-frying: vegetable oil

3 sebago potatoes (about 1kg), cut into thin chips, rinsed under cold water, dried well

4 pieces onglet steak (200gm each; see note), at room temperature

Café de Paris butter

125 gm softened butter

1½ tbsp each finely chopped chives, tarragon and parsley

2 golden shallots, finely chopped

1 garlic clove, crushed

1 tbsp capers in vinegar, finely chopped

3 anchovy fillets, finely chopped

2 tsp Worcestershire sauce

2 tsp lemon juice

½ tsp Indian curry powder, such as korma

½ tsp sweet paprika



METHOD

Main

1 Preheat oven to 200C. Preheat oil in a saucepan to 140C. Deep-fry chips in batches until just cooked (3-5 minutes; be careful as hot oil will spit), drain well, pat dry with absorbent paper. Transfer to an oven tray lined with baking paper and bake until dry (15 minutes).

2 Meanwhile, heat a large ovenproof frying pan over high heat, add steaks and cook, turning occasionally, until cooked rare (2-4 minutes each side). Transfer to oven and cook until medium-rare (3-5 minutes).

3 For Café de Paris butter, beat ingredients in a bowl to combine, season to taste, set aside.

4 Increase oil to 180C. Deep-fry chips until golden and crisp (5-10 minutes; be careful as hot oil will spit). Drain on absorbent paper, season to taste and serve with steak topped with Café de Paris butter.

NOTES

Note Onglet steak is also known as hanger steak.