

## Steak Diane



### Ingredients

4 good quality scotch fillet steaks	1/2 cup good quality beef stock
Salt and freshly ground black pepper	1/2 cup cream
1 tbsp butter	1 tsp Dijon mustard
1 tbsp extra virgin olive oil	1 tsp Worcestershire sauce
1 small shallot (or 1/2 small red onion) finely chopped	1 tbsp chopped fresh chives
1/4 cup brandy	

### Directions

Step 1 – Remove the steak from the fridge and bring to room temperature for at least 1 hour. Season the steaks liberally on both sides with salt and pepper.

Step 2 – Heat the BBQ to medium – high heat (200 - 220°C). Ensure the grills are clean.

Step 3 – Once the BBQ has reached temperature, place the steaks onto the grill to cook. Using a digital thermometer, check the internal temperature of the meat regularly. Aim for an internal temperature at least 10°C less than your preferred final internal temperature. (Refer to our internal temperature guide on the following page).

Step 4 – Once the preferred internal temperature has been reached (less 10°C), remove the steak from the BBQ and cover with foil. Set aside to rest.

Step 5 – Pre-heat a large BBQ safe skillet, melt the butter and olive oil and cook the shallot (or onion) for 3 minutes or until beginning to soften. Add the brandy and mix well, stirring to deglaze the pan. Add the beef stock and cook until the liquid is reduced and starting to thicken. Stir through the cream, Dijon mustard and Worcestershire sauce and cook for another 2 minutes.

Step 6 – Add the steaks and juices into the skillet to warm through and coat the steaks with the sauce. Plate the steaks, stir the chopped chives through the sauce, spoon over the steaks and serve immediately.



# A GUIDE TO COOKING STEAK



## BLUE RARE

Internal temp 115°F/46°C  
Seared but red through the centre -  
juices not flowing, difficult to chew.



## MEDIUM

Internal temp 134°F/56°C  
Cooked outside, 25% pink through the centre -  
drier and approaching toughness.



## RARE

Internal temp 120°F/48°C  
Up to 75% red through the centre - once  
rested, tender and juicy, the perfect steak!



## MEDIUM WELL

Internal temp 150°F/65°C  
A slight hint of pink through the centre -  
not worth the effort.



## MEDIUM RARE

Internal temp 126°F/52°C  
50% red through the centre - once  
rested, tender and juicy. Acceptable steak.



## WELL DONE

Internal temp 160°F/71°C  
Completely brown throughout -  
a waste of a good steak.

