

CAHILLS

The extended rain over the last few months has added moisture to the ground giving us frosty mornings with wicked wind gusts that chill to the bone. With the early sunsets, there's no better time to seek the comfort of the indoors with a rump steak topped with béarnaise sauce accompanied by John Cahills 2009 Shiraz.

Rump Steak & Béarnaise Sauce



Preparation time: 10 minutes
Cooking time: 6 minutes

Ensure meat is at room temperature before cooking. Cut 800g grain fed rump eye roast into 2cm thick slices. Brush both sides of each with 2 tsp olive oil and season with salt and pepper.

Sauce: Place 2 egg yolks, 2 tblsp white wine vinegar and 1 tsp sea salt flakes into a small food processor. Process until very pale and smooth. Heat 150g butter and ¼ tsp dried tarragon in a small pan until boiling. The butter will separate into a clear liquid and some milky solids. With the motor running, gradually add the clear butter, a little at a time to the egg mixture and process until thickened. Season with pepper.

Heat a heavy based frying pan over medium-high heat. Add the steaks and cook until juices appear on the surface. Turn and cook the other side until done to your liking.

Transfer to the plates, cover loosely and rest for 5 minutes. Serve the steaks with steamed vegetables of your choice and top with the béarnaise sauce

Serves 4

