

The perfect dry-aged steak with rosemary potatoes

Ingredients for 2 persons

- Dry-aged steak on the bone, approx. 500–600 g, approx. 4–5 cm thick
- 1 - 2 tbsp. clarified butter
- 1 strand of panicle cocktail tomatoes
- 1 garlic bulb, cut in half crosswise, for flavouring the lard
- 2 shallots, peeled and halved
- 2 rosemary sprigs
- Fleur de sel and coarse, coloured pepper for sprinkling

For the potatoes

- 500 g waxy, small potatoes (triplets, Anabelle)
- 1 - 2 tablespoons olive oil
- Salt, pepper, paprika powder
- 2 rosemary sprigs, the needles

Preparation

01

Remove the steak from the refrigerator at least 30 minutes before searing so it can come to room temperature.

02

Preheat the oven to 180° C top/bottom heat. Wash and dry the potatoes and halve or quarter them, depending on their size.

03

Mix the oil in a casserole dish with the spices and rosemary needles. Turn the potatoes in it. Cook for approx. 20 to 30 minutes on the middle shelf.

04

Serve with sour cream if desired. To do this, mix all the ingredients together and place in a small bowl.

05

Heat the pan to the highest temperature, then heat the clarified butter in it. Add the steak to the hot fat and sear for 1 minute on each side.

06

Then reduce the heat to medium* and continue cooking the steak according to the desired doneness. See table below.

07

At the same time, place the tomatoes, halved garlic bulb, shallots and rosemary sprigs in the clarified butter when the temperature has been lowered from searing the steak to medium. Fry until golden brown.



Steak it easy!

For the sour cream if desired

- 200 g sour cream
- ½ bunch chives, cut into fine rolls
- ¼ teaspoon ground cumin
- Salt, pepper

08

Once the finished steak is taken out of the pan, it needs to sit a little. It is best to wrap in tinfoil or, alternatively, place in an oven that has been preheated to 80 °C and leave to sit for 5–8 minutes.

09

Sprinkle with fleur de sel and coarse pepper. Serve with the tomatoes, shallots and rosemary potatoes and the sour cream.

Note

*It takes too long with a ceramic hob for the temperature to be reduced compared to a gas or induction hob. It is therefore advisable to heat a second hotplate to medium heat and move the pan to the second hotplate after the two minutes.

This table is optional, as a guide to how long the steak needs to be cooked approximately for the different stages of doneness.

Steak of 4–5 cm thickness:

Add the steak to the hot fat and sear for 1 minute on each side. Then continue to fry for desired doneness as follows:

Bleu (almost raw): About another ½ minute per side.

The steak has a thin brown crust, but is still raw inside.

Total frying time: 3 min

Rare (bloody): Approximately another 2 minutes per side.

The steak has a brown crust, is pink inside and still raw and bloody at the core.

Total frying time: 5 minutes

Pink / Medium: Approx. another 4 minutes per side.

The steak has a brown crust and is pink inside.

Total frying time: 10 minutes

Well done: Fry for approximately another 5 - 6 minutes per side.

The steak is cooked all the way through on the inside.

Total duration: 12 - 14 minutes