

MIDWEEK RUMP STEAK & YORKSHIRE PUDDINGS



MINUTES TO PREPARE
5 plus 1 hour for the
batter to rest



MINUTES TO COOK
25 plus 1 hour for
the batter to rest



SERVES
3



INGREDIENTS

For the batter:

100g flour
1 small pinch of Maldon sea salt
2 eggs
300ml milk
5g melted butter

For the steak:

450g beef rump steak
Maldon sea salt
Freshly ground black pepper

For the sauce:

Drizzle of rapeseed oil
1 tablespoon Greek yoghurt
1 tablespoon mayonnaise
1/4 teaspoon Dijon mustard

You will need a muffin tray and a large frying pan.

LET'S GET COOKING

- 1 First make the batter, remembering it needs an hour to rest before cooking. Place the flour and salt in a large bowl. Make a dent in the centre and add the eggs. Using a whisk, break up the eggs and gradually start to bring in the flour from the sides.
- 2 Add the milk slowly, mixing between each addition until you have a smooth batter. Add the butter and whisk again. Cover with clingfilm and leave to rest for an hour.
- 3 When you are ready to cook, preheat the oven to 200/375/gas 5. Place a few drops of rapeseed oil into the base of 12 muffin tins. Heat in the oven for 2 minutes.
- 4 Carefully add the batter into each muffin tin, filling them up half way. Place in the oven and cook for 20 minutes or until they have risen and are golden.
- 5 Meanwhile cook the rump steak. Using a large frying pan, heat 1 tablespoon of rapeseed oil in a pan over a high heat. Season the steaks well with Maldon sea salt and freshly ground black pepper. When the pan is hot, add the steaks and sear for 3 minutes on either side for medium rare, 4 minutes on either side for medium and 5 minutes on either side for well done.
- 6 Remove the steaks from the pan and leave to rest for 3 minutes.
- 6 To make the sauce mix the Greek yoghurt, mayonnaise and Dijon mustard together in a small bowl. Serve the Yorkshire puddings with slices of rump and lots of colourful vegetables. Enjoy!

"You can save time by making the batter and sauce in advance. The batter needs to rest as then the milk has time to release the starches and protein in the flour which in turn helps the Yorkshire puddings rise in the oven and taste fluffy when you eat them. The all you need to do is heat up the oven, fry off the steak and cook the vegetables before serving."