

Winter warmer

Mighty meaty stew

Serves **4**

Prep Time **10-15** mins

Cook Time **25-30** mins



Perfect with...

Oak Aged Claret

With its deep ruby colour and rich, fruity tones, this characterful claret makes a fine accompaniment to robust red meat dishes, including this age-old winter favourite.

€5.99
75cl

Great value

Enjoy ALCOHOL Sensibly. Visit drinkaware.ie

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Garth McColgan

Quick Steak and Mushroom Stew with Lemon Butter

Ingredients

- | | |
|---|---------------------------------|
| 2 packets Button Mushrooms, 1 halved, 1 thinly sliced | A few sprigs of Fresh Thyme |
| 1 pack Sirloin Steak, cut into bite-size chunks | 1 tbs Soy Sauce |
| 3 Shallots, thinly sliced | 1 tbs Sugar |
| 4 cloves of Garlic, 3 roughly chopped and minced | 500mls Water |
| 2 tbs Flour | 1 Beef Stock Cube |
| | 50g Butter, at room temperature |
| | 1 tbs Parsley, finely chopped |
| | ½ Lemon zest |

Method

- Put the sliced mushrooms in a saucepan. Cook over a medium heat for 10 minutes, stirring occasionally, until they take on some colour.
- Brown the steak (in a little oil) in a very hot pan for 1 minute. Then set aside.
- In the steak pan, brown the halved mushrooms in a little butter for 2-3 minutes.
- Again, in the steak pan, fry the shallots and roughly chopped garlic in a little butter over a high heat (try to char them a little, but be careful not to burn).
- Add the flour and thyme to the sliced mushrooms' saucepan; cook for 1 minute. Now add the halved mushrooms, shallots, garlic mix, soy sauce, sugar and water and allow to bubble for 5 minutes.
- Add the steak and simmer for 5-10 minutes (5 mins for medium, 10 mins for well done).
- Top with a slice of lemon butter (see below); serve with mashed or boiled potatoes.
- To make the Lemon Butter, simply mix the parsley, minced garlic and lemon zest well into the butter and chill for 10 minutes in the fridge. (You can wrap the butter in cling film and roll into a 'log' for easy slicing).

- Irish Sirloin Steak**
€10.99 PER KG
See pack for price
- Button Mushrooms**
See in store for price*
- Plain Flour**
72c EACH
2kg, 36c per kg
- Shallots**
See in store for price*
- Garlic**
See in store for price*
- Soy Sauce**
€1.49
250ml, €5.96 per litre
- Fresh Thyme**
See in store for price*
- Granulated Sugar**
85c EACH
1kg, 85c per kg
- Beef Stock Cubes**
89c PER PACK
12 x 10g, €7.42 per kg
- Pure Irish Creamery Butter**
€1.79
454g, €3.94 per kg
- Parsley**
See in store for price*
- Lemon Zest**
See in store for price*



*Fresh produce prices can vary. Offers available for a limited time only, subject to availability.