

Rump Steak with Red Wine & Mushroom Sauce



what you need

- 4 x John Penny rump steaks
- 75g butter
- 1 onion, peeled and chopped
- 150ml Cabernet Sauvignon
- 250ml beef stock
- 1 tablespoon plain flour
- 150g baby button mushrooms, sliced
- 1 tablespoon olive oil
- 1 tablespoon parsley
- Freshly ground black pepper
- 1 garlic clove chopped
- 1 tablespoon chopped, mixed herbs

Cooking time: 30 mins

Serves: 4

how to cook

- 1 Melt 25g of the butter in a frying pan and gently fry the onion for 5 minutes until softened.
- 2 Meanwhile, boil the wine and stock together until reduced by half.
- 3 Sprinkle the flour over the onion and cook for 1 minute. Remove from the heat and stir in wine stock a little at a time. Return to the heat and bring to the boil, stirring constantly until thickened.
- 4 Add the mushrooms to the sauce, cover and simmer gently for 15 minutes, stirring occasionally.
- 5 Place a frying pan over a medium high heat. Brush the steaks with oil and season with pepper. Sear the steaks on both sides, as desired.
- 6 Season the sauce and stir in the parsley.
- 7 Mix together the remaining butter, garlic and mixed herbs. Spoon the sauce and topping over the steaks and serve with mashed potato.