

LIZ'S STATION COOKING
APRIL 2009

**GREAT STEAKS, MUSHROOM SAUCE
& SPECIAL MASH**

SPECIAL MASH

Preparation time: 10 minutes

Cooking time: 20 minutes

Total Ingredients: 6 +

Enough for: Allow 1.5 medium/large
potatoes per person



- Potatoes
- $\frac{1}{2}$ cup finely diced Shallots/ Onion
- $\frac{1}{4}$ cup finely diced Capsicum
- $\frac{1}{4}$ cup finely chopped Parsley
- 1 cup grated cheese
- 1 cup thickened cream

Peel & boil potatoes until soft with a fork.

Have other diced add-ins in a dish ready.

Cook the steak (as follows), or whatever accompaniment while potatoes boil.

Drain potatoes. Lightly mash, then add cream and mash well. Adjust the cream amount to suit texture required.

Mash in additives, serve immediately.

Note: There is no end to the additives you can use; tomatoes, avocado, bacon, corn, peas, touch of garlic etc.

Prepare 2 other different coloured boiled veggies to accompany meal.

GREAT STEAKS

Preparation time: 2 minutes

Cooking time: Depends on BBQ size and amount, but roughly 5-10 minutes

Total ingredients: 3

Enough for: Allow 1 large or 2 small steaks per person

- Steak - best BBQ cuts are rib fillet and rump
- Ground rock salt, or plain salt
- White pepper

Have steaks sliced and cold, so that they're firm.

Lightly sprinkle both sides of steaks with salt and pepper.

Have BBQ clean, lightly oiled, hot, but not smoking. A low heat BBQ will just steam your steak tough.

Place the steaks on the hot plate until they're sizzling brown on the bottom, usually about 1-2 minutes if the heat is right. Turn the steak then until the other side is the same, usually 2-3 minutes.

Remove the steaks, leave the BBQ on, and place steaks on a wire drainer for just 2-3 minutes to let the blood drain.

Place the steaks back on the hot plate 1-2 minutes each side to complete cooking for a medium or well done steak, or less time if required rarer.

Serve immediately.

MUSHROOM SAUCE

Preparation & Cooking time: 15 minutes

Total Ingredients: 7

Enough for: 6-8

- Dessert bowl of Sliced Mushrooms
- $\frac{1}{2}$ finely chopped Onion
- 1 cup Beef Stock, with extra water if required
- Handful of Plain flour
- Salt & Pepper
- 1 cup Thickened Cream

Make the mushroom sauce first, as it can be re-heated once the steak and veggies are done.

In a non-stick pan, fry the mushrooms and onion in a tablespoon of butter until just browning. Add a pinch of salt & pepper, and sprinkle a good handful of Flour over the mushrooms. Using a spatula, keep mixing the flour through until just barely browning. Add Stock and Cream, and quickly stir in well. Use the extra water to bring sauce to desired thickness, stirring constantly until smooth. Place in a microwave safe dish for re-heating when meal is ready.

This same sauce, with some bacon, cheese and diced tomatoes added, makes an excellent pasta sauce.