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His Royal Highness The Prince Charles,  
Duke of Rothesay

## *Mey Selections Ribeye of beef with watercress veloute and red wine reduction*

Serves 4

4 ribeye steaks, ask your butcher to cut them to your liking, all fat trimmed out

1 watercress veloute

1 red wine reduction (Can be made the day before)

This recipe is versatile for you to add your own choice potatoes and vegetables.

### Ingredients for watercress veloute

200g watercress

2 tbsp olive oil

1 onion, peeled and thinly sliced

400ml milk

50g butter

Handful of baby spinach (optional)

A small tbsp crème fraiche

1. Wash and pick the leaves off the watercress stalks and reserve both separately. Rough chop the stalks.
2. Take half the sliced onion and fry gently in one tbsp of the olive oil until the onions are soft and translucent. Add the chopped stalks and the milk and bring to the boil, reduce the heat and gently simmer for 12 minutes.
3. Pass the contents of the pan through a fine sieve and reserve.
4. Rinse out the pan and return to the heat. Add the tbsp of olive oil, butter and remaining onions and gently cook till the onions are soft and translucent, then add the milk stock and bring to the boil. Add the watercress leaves and simmer for 2 minutes.
5. Place all contents into a blender and add the baby spinach leaves (this will give you a richer colour). Start the blender, adding the crème fraiche whilst blending. If not possible, switch off, add crème fraiche and scrape down then return to blending until you have a smooth puree. Taste and add salt if required. Pass through a fine sieve into a bowl and keep warm.

(Tip: You can make this the day before, ensure that whilst you are passing the puree through the sieve, the bowl is sitting over ice to cool as quickly as possible. Store sealed in the fridge until required. Do not season until required and have warmed the sauce.)

### Ingredients for red wine reduction

- ½ onion rough chopped
- 1 Carrot rough chopped
- 1 Celery stalk chopped
- 1 Granny smith apple rough chopped
- 2 cloves garlic sliced
- 2 tblsp light vegetable oil
- 350ml burgundy wine
- 250ml cooking port
- 250ml chicken or beef stock
- 4 tbsp liquid glucose  
(corn syrup)

1. In a saucepan, caramelize the rough chopped onion, carrot, celery, apple and garlic in the light vegetable oil.
2. Add the burgundy and the port and simmer over a medium heat until reduced to about 100ml.
3. Strain and place in a smaller saucepan with the chicken stock. Continue to simmer over a medium heat until reduced to the required consistency, approx-200-250ml  
Place the corn syrup into a clean pan and place over heat. Leave until the liquid glucose turns a dark caramel (do not stir) and add the reserved red wine liquor slowly as when the two liquids meet there will be sputtering and the glucose will set solid in the pan. This will dissolve as the liquid reheats. Reduce to 100—150ml.
4. Keep warm and use when ready.

### To cook the steaks

- Half an hour before you need to cook your meat, remove the steaks from the fridge and place on a plate, lightly cover with cling film or paper parchment. This allows the steaks to come to room temperature. Pre heat your oven to 180c if fan assisted or 200c for conventional ovens.
- Now, season the surface top and bottom of the steaks with salt and freshly ground black pepper. If you use ready ground pepper, be very light with the pepper. When ready, in a large frying pan, big enough for your steaks or 2 pans to cook in batches, add a tbsp or two of oil and place over a moderate to high heat. When you move your hand over the pan and can feel a lot of heat coming off the inside of the pan, they are ready, place your steaks in the pan gently, starting nearest you laying the steak away from you. Leave for a minute and gently lift a corner to see if there is nice colour on the cooking side. If not enough, leave for a further 30 – 60 seconds. Turn the steak over and add a knob of butter to the pan. Using a spoon, baste the steak whilst the new side is cooking. Again after a minute lift the steak to check the colour on that side. When you are happy with the colour, transfer the steaks to a baking tray and place in the oven. The thickness of your steaks will determine the time. A rough guide would be based on a 150 to 200g steak, 6 minutes for medium.
- Remove from the oven when ready and allow to rest on a cooling rack or plate (leaving it on the baking tray will allow the steaks to continue cooking) for 3 – 4 minutes.
- Whilst these steaks are resting you can assemble your plates

### Tips for Assembly

On warm plates, place a pool of the watercress veloute to one side. Take a dessert spoon, place the spoon in the middle of the pool and using the back, drag the spoon across to the other side of the plate. Or you could be artistic and drag the spoon in an arc across the plate.

Place your rested steak off centre just touching the watercress then place the potatoes on the other side of the watercress. Spoon warm red wine reduction over the steaks and serve along with your vegetables in a separate warmed bowl.

*Recipe from Paul Rutledge, Forss House Hotel*