

Black Treacle Glazed Rib-Eye (Entrecote) Steak with Blue Cheese Salad

Preparation time: 30 mins

Serves: 4

Cooking time: 6-10 mins

Ingredient

- 3 Large rib-eye steaks or entrecote 8-10oz
- 2 tbsp black treacle
- Few sprigs of fresh thyme
- A splash of olive oil (for the black treacle)
- 2 egg yolks
- Vegetable oil or rapeseed
- 1 tsp French mustard
- 2 tbsp crème fraîche
- Good chunk of blue cheese crumbled
- Worcester Sauce
- Tabasco
- Pepper Salt
- Chopped chives
- Gem Lettuce & rocket
- Red Onion
- Spring Onion
- 1 large garlic bulb sliced in half
- 1 French baguette sliced in half and toasted

Method

Ensure all ingredient are at room temperature, especially the steak, crack some pepper over them prior to cooking and a little rub of oil. Whisk the 2 egg yolks together adding a little veg or rapeseed oil until mayonnaise consistency, add 1 tsp French mustard, then 2tbsp crème fraîche. Then crumble the blue cheese in and mix gently until combined, add the Worcester sauce and tabasco, pinch of salt and pepper and chopped chives and set aside.

Make sure the bbq is red hot, combine 2tbsp black treacle with little bit of olive oil and the thyme (rip it up and chuck in), mix together to make the glaze. Place steaks on the bbq and then add the glaze once started to cook, turn over and repeat, allow to char but not burn, take off heat and set aside for 5 mins then slice into big strips.

Take a cooed baguette, split it in two down it's length, take a clove of garlic and slice in two, rub the garlic over the sliced baguette and toast lightly on the grill until golden, then chop into big junks and set aside.

Prepare the salad on a large serving platter, char-grill the large spring onions over the grill for a few minutes to cook, Chop the lettuce and onion coarsely and arrange on the plate, drizzle the dressing over saving a little for last, then arrange the baguette and then the steaks on top and then drizzle with the remaining dressing – serve immediately!

Tip: Get the best blue cheese you can and preferably if you have a good butcher get a large piece of rib-eye so you can slice it into thick steaks yourself!