

**GF Friendly**

**Steak Diane**

**tender, juicy steak with a rich, tangy sauce**

To be honest, I made a few mistakes with this one. To begin with I substituted a cheaper cut of meat which turned out a bit tough because I didn't fry it for long enough. Next time I'll use fillet or rump; and I recommend whichever cut you decide on, make sure the steaks have sufficient marbling (see Handy Hints – Cooking). Not satisfied with using the wrong steak, I misread the amount of two ingredients and didn't add sufficient Worcestershire sauce and lemon juice. At the end of the day, however, the sauce still tasted good and made up for the shoe leather!

So, provided you don't follow my bad example, your Steak Diane should be as per the description – tender and juicy.

- 4 beef fillet steaks
- 25g butter
- 2 Tbsps extra virgin olive oil
- 2 Tbsps Worcestershire sauce
- 1 Tbsp lemon juice
- 1 Tbsp grated onion
- 2 tsps chopped parsley



Melt the butter in the olive oil and fry the steaks in this, for 1 to 2 minutes each side. Transfer these to plates and keep warm in the oven while the sauce is prepared.

In the same pan, add the Worcestershire sauce and lemon juice to the juices from the meat; stir well and warm. Finally, stir in the onion and parsley and cook gently for 1 minute.

For serving, spoon the sauce over the steaks.

Serves 4 with vegetables, or salad and French fries.

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