

Fried fresh matured "RIB EYE" beef steak (boneless) with vegetables



Preparation

1. Put the steaks (they should be at room temperature) into a preheated heavy frying pan. Sprinkle the steak with salt and pepper and fry on one side for 2 minutes. Turn, sprinkle with salt and pepper again, add the butter and cook for another 2 minutes. During the cooking, baste the steaks with melted butter. If you want steaks to be cooked further, repeat the frying on both sides for 1-3 minutes. After cooking, put the roasted steaks in a warm place or wrap them in foil and leave to rest for a few minutes.
2. For the salad: mix the cabbage and celery with the hemp oil, lemon juice and the roasted hemp seeds. It is very easy to the roast hemp seeds; put the seeds in a preheated pan and stir constantly until they start to pop and release a pleasant odour. Pour the seeds into a dish and leave to cool before crushing with a pestle or grinding in a coffee grinder.
3. For the sauce: chop the onion into small cubes and fry in butter, and add the chopped anchovies at the end of cooking the onion. Pour in the beef broth and the brandy. Simmer until half the liquid evaporates. Then blend the sauce and puree through a sieve. Put the canned pepper into the sauce and bring to a boil. Lastly, stir in the butter.

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INGREDIENTS

440 g.	KITCHEN me matured "RIB EYE" beef steak
2 tbsp	Butter
1 cup	Sliced thin strips of celery root
1 cup	Thinly sliced strips of cabbage
1 tbsp	Minced parsley
4 tbsp	Hemp oil
1/2	Juice of a lemon
1 tbsp	Roasted hemp seeds
1	Onion
Dash	Brandy
1 teaspoon	Canned green peppers
1 cup	Beef broth
3	Minced salted anchovy fillets
According to taste	Salt