

Grilled Steak with Herb-Butter & Roast Vegetable Salad

By Rex Morgan

Serves 4

INGREDIENTS:

4 x Sirloin Steaks

200 grams Butter

50 grams Sun-dried Tomatoes

Fresh Herbs – Rosemary, Parsley

1 Tablespoon Tomato paste

¼ Pumpkin

2 Kumara large

1 Parsnip

1 Agria Potato large

Olive oil or Canola oil

METHOD:

Wash, peel and chop vegetables, season with salt and pepper, drizzle with oil, bake at 180° degrees celsius for about 40-minutes. Ideally you've got some 'left overs' you can mix together, using a fork or crush with a masher and form a cake or slightly mash.

Whip butter, add chopped herbs, tomato paste and sun-dried tomatoes, roll into cylinders, chill until set. About 1-hour in the fridge (or you can put them into the freezer).

Bring steaks to room temperature, season with salt and pepper, drizzle pan with olive oil and cook to desired degree (try 2-3 minutes each side, as a guide). Remove the steak and leave to rest (for half the cooking time),

Place steak onto roughly mashed vegetables, slice herb-butter into discs and add a slice on the steak, serve immediately or place under grill for a moment to melt..

Funky Trifle by Rex Morgan

Serves 4

INGREDIENTS:

Small Sponge
200ml Custard
Small Jar Strawberry Jam
6 Strawberries
2 Bananas
Small packet Meringues
1 Packet Lemon Jelly*
1 Chocolate Almond Slab
250ml Cream

METHOD:

Make jelly, as per the packet's instructions and refrigerate.
Once jelly is set, slice fruits, crumble meringue.
Layer the ingredients how you like in individual glasses, or a large dish,
finish with whipped cream and grated chocolate almond slab.
Chill for one hour before serving.

* Make your Jelly the day before or in the morning, so there's enough time to set.

FURTHER LINKS:

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