

Herb Butter Served on Steaks



Preparation time : **15 min**
Cooking time : **45 min**

Ingredients

6 sprigs fresh rosemary
1 x rib eye of beef, off the bone

For the Butter:

2 cloves garlic
Small bunch summer savoury
Pinch of sea salt
250g unsalted butter, softened at room temperature

For the Potatoes:

Potatoes, peeled, cut into 1 inch dice
Fresh rosemary
1 bulb garlic
Sea salt and freshly ground black pepper



1. Pre-heat the oven to 200° C.
2. Remove some of the rosemary leaves from the stalks by running your thumb and forefinger down the length of the stalk. Sharpen the ends of the rosemary skewer to make them into little arrows, then pierce them through the beef to flavour it. Chop up the rosemary leaves and press onto the beef on both sides. Cover and allow to stand for ½ hour until it is at room temperature. (Beef tastes better if cooked at room temperature.)
3. Make the butter by bashing the garlic, summer savoury and a pinch of salt using a pestle and mortar, then mix in the softened butter. Put it back into the butter's wrapping, roll into a sausage shape, and chill.
4. Cook the potatoes in salted boiling water for about 10-15 minutes. Drain, then toss in the colander to chuff up.
5. Drizzle some oil over the beef and pat onto both sides. Heat a Tefal frypan (suitable for the oven), and cook the beef for one minute on each side. Remove from the pan, add the potatoes with some rosemary and bashed garlic, salt and pepper, then put the beef back into the pan. Put the pan into the oven and roast the beef and potatoes for about 30 minutes.
6. To serve, slice the meat and place 2 slices of the butter on top. (Freeze the remaining butter.)

Herb butters are great to have in the freezer – fantastic to have with vegetables, chicken, lamb chops or just on some toasted Ciabatta.



Jamie O
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