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ESTERHÁZY

AUSTRIA

Esterházy Roast

Serves 4, Ingredients:

4 gorgeous rib eye steaks (about 7 oz per steak)
salt, pepper, flour
2 Tbs butter
1 small carrot, ½ yellow carrot (if available)
1 parsley root, 1 slice celery root, 1 scallion, 3 sardines

Rub both sides of the rib eye steaks well with your thumb and cut into the fat rim. Salt and pepper and lightly flour one side. Place the floured side in a hot pan with the melted butter. Brown and turn.

In the meantime, julienne the onion, vegetables and sardines. Cube the bacon into small cubes.

Preheat the oven to 390°F/200°C. In an oven proof dish, layer the vegetables, bacon and the steaks. The top layer should be vegetables, capers, slightly whipped cream and the total should be barely covered in beef broth.

Cover the dish and bake in a 320°F/160°C preheated oven for at least 90 minutes to gently steam the meat.

Remove the meat from the dish and keep warm. Remove the fat from the pan.

Blend some cream with flour, salt, a pinch of sugar, lemon juice until smooth.

Add to the pan. Add additional capers, if desired. Cook this mixture until thickened.

To serve, place a slice of steak on a plate and pour the sauce over it. Decorate with chopped parsley.