

DRUNKEN BEEF

For the Omnivore

For a special occasion try this recipe

For this dish the list of ingredients looks fairly routine., but when it is cooked something magical has happened. There is a synergy here which makes the final dish greater than the sum of its parts.

Serves 4 and takes about 10 mins cooking time

- 1lb of fillet or rump steak
- 6 spring onions or shallots, sliced
- About 6ozs mushrooms, sliced
- 65 ml whisky
- Salt
- 2 tablespoons natural yoghurt, non-fat or full-fat, well-beaten to remove any lumps
- Paprika

Trim any fat from the steak(s) and cut into approx 1 inch (2.5cm) pieces.

Dry fry the meat in a pan until the meat is well browned all over.

Add the mushrooms, onions and whisky.

Mix well and cook for only 1-2 mins until the whisky has evaporated.

Remove from the heat and stir in the yogurt.

Season with salt and serve garnished with a sprinkling of paprika.