

South-West Scotland Fork to Farm Recipe

This recipe has been put together by the participants of the SW Scot Fork to Farm dialogue. Members of the group have contributed an ingredient each, that they produce, grow or forage.

We brainstormed possible recipes together and came up with this!

Glazed Steak with creamy leek, mushroom and chestnut sauce, served with potato rosti and an apple and rosehip jelly and salad leaves.

Ingredients:

- ~ Grass Fed Galloway Beef Steak
- ~ Leeks
- ~ Chestnuts
- ~ Chillies
- ~ Goats milk
- ~ Chanterelles
- (or other wild foraged mushrooms)
- ~ Potatoes
- ~ Rosemary
- ~ Apples
- ~ Honey
- ~ Rosehips
- ~ Dandelion leaves
- ~ Salad Leaves
- ~ Water



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Method:

For the glazed steak:

Mix together the honey, finely chopped chilli and rosemary. Coat the steak generously with the mixture.

For the sauce:

Sauté the leeks, chanterelles and chopped chestnuts in butter until soft. Add a small amount of flour to thicken. Slowly add the goat's milk until a smooth consistency is obtained.

For the rosti:

Grate potatoes into a bowl. Heat a generous amount of butter in a frying pan. When hot, add your grated potato in pudding like shapes. Cook on both sides till golden brown.

For the jelly:

(To be prepared earlier). Stew the fruits in water on a low and constant heat. Sieve through a muslin bag. Leave over night with the juice dripping into a bowl. Boil the juice with sugar, until it sets.

Serve all of the above with a side of fresh salad leaves.

