

Marinated Rump Steak

Ingredients

2 rump steaks, weighing about 7-8 oz (200-225 g) each
3 fl oz (75 ml) red wine
3 fl oz (75 ml) Worcestershire sauce
1 large clove garlic, peeled and crushed
1 teaspoon groundnut or other flavourless oil
To garnish:
a few sprigs fresh watercress

Equipment

You will also need a shallow dish or lidded polythene box large enough to hold the steaks closely and comfortably.



Method

Put the steaks in the shallow dish or polythene box, then mix the red wine, Worcestershire sauce and garlic together and pour this over the steaks. Cover with clingfilm or put the lid on, then place in the fridge for a few hours or, preferably, overnight. When you're ready to cook the steaks, drain and dry them carefully with kitchen paper, reserving the marinade.

Now take a medium frying pan, place it on a high heat and heat the oil until it's very hot. Then sear the steaks for 4 minutes on each side and, 2 minutes before the time is up, add the reserved marinade to the pan and let it bubble and reduce by about half. When the steaks are cooked, remove them from the pan to warm serving plates, then, using your sharpest knife, cut them into slices diagonally and spoon the sauce over. Garnish with the watercress and serve immediately with Aligot.