



## RECIPE



### [Home-made Miller & Carter style Steak with Onion Loaf, Lettuce Wedge with Blue Cheese Dressing and Croutons Recipe](#)

#### Ingredients

- Steak of your choice
- White Onion
- Egg
- Flour
- Salt & Black Pepper
- Blue Cheese Dressing
- Croutons
- Mushrooms
- Beef Gravy
- Parsley to garnish
- Garlic
- Garlic oil or olive oil
- Butter
- Potatoes
- Frying oil
- Large Tomato

#### Method

Season steak with salt & black pepper and set to one side

Peel potatoes and chop into chips

Heat oil in the pan



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Peel and slice onion, beat the egg and coat onion in the beaten egg then coat in flour deep fry until golden brown and put in the oven once done to keep warm with a large tomato on a baking tray

Chop garlic and mushrooms and heat in a pan with oil, salt and black pepper until mushrooms are cooked and add beef gravy to simmer

Add chips to deep fry until done, time with cooking steak depending on how you have your steak cooked

Add garlic oil to a pan and when hot add the steak and cook to your liking (guidelines below but will depend on the size/thickness of your steak)

- Rare – Seared 2 1/2 mins on each side, rest for 5 mins
- Medium Rare – Seared 3-4 mins on each side, rest for 4 mins
- Medium – Seared 4 mins on each side, rest for 3 mins
- Medium Well – Seared 5 mins on each side, rest for 2 mins
- Well Done – Seared 6 mins on each side, rest for 1 min

Chop lettuce wedge, drizzle with dressing and add croutons

Mix butter and grated garlic with chopped parsley to smear on top of the steak

Serve and enjoy! 😊