



Gaelic Steaks



Ingredients:

- 4 Beef tenderloin steaks – mid cut (6 oz each)
- 1 Onion, finely chopped (8oz)
- 1 clove Garlic (peeled and chopped)
- 3 oz Sliced Baby Bella Mushrooms
- 1 cup Heavy Cream
- ½ Knorr Chicken Bouillon cube dissolved in ½ pint boiling water
- (OR ½ pint Fresh Homemade Chicken Broth)
- ¼ tsp Marmite
- 2 tbs Whisky
- 4 tbs Olive Oil
- 1 tbs finely chopped parsley
- salt
- pepper

Method:

1. Season the tenderloins with salt and pepper and add to a hot skillet with two tbs of the Olive oil.
2. Cook over a medium heat for about four minutes on each side.
3. Remove from the skillet onto a plate, cover and keep in a warm place.
4. In a sauté pan, add the remaining 2 tbs olive oil and place over a low heat.
5. Add the onion and cook until it softens. Then stir in the mushrooms, garlic, and sauté until the mushrooms soften.
6. Stir in the Whisky, Cream, chicken broth and Marmite and increase the heat to reduce the liquid.
7. When you have a nice consistency, remove the sauce from the heat, and adjust the seasoning.
8. Add the juices from the tenderloins and the chopped parsley and serve over the steaks with more chopped parsley to garnish.
9. Serve over mashed potatoes, rice, or pasta.