

ENTRECÔTE ROAST

INGREDIENTS:

1 kg entrecôte
2-3 tablespoons French mustard
pepper
cayenne pepper
hot paprika
sugar
salt
rapeseed oil
1 onion
1 garlic
2-3 carrots
2-3 celery stalks
some dried porcino mushrooms
1-2 teaspoons oregano
1-2 tablespoons butter
2-3 tablespoons Worcestershire sauce
a couple of tablespoons red wine
a couple of tablespoons chopped parsley leaves

PREPARATION:

1. Brush the entrecôte with mustard, sprinkle with spices and oil. Place in a cast iron pan together with the peeled and chopped vegetables (the heads of garlic and onion do not need to be peeled, just cut in half).
2. Pour oil over the ingredients. Put the whole dish on the grill and grill until it reaches the preferred level of doneness (for this purpose use a thermal probe. Rare: 50-54°C, medium-rare: 54-57°C, medium: 57-60°C, well done: over 65°C). Soak the mushrooms in water.
3. Remove the meat and vegetables from the pan. Pour the remaining sauce into a bowl. Place the pan back on the grill. Add the butter, flour and some grilled garlic. Fry until the roux is golden brown. Toss in chopped mushrooms. Add the preserved sauce, Worcestershire sauce, a little of the water from soaking the mushrooms and the wine. Heat up for a moment to thicken the sauce. Sprinkle with chopped parsley and paprika.
4. Slice the meat. Sprinkle with salt and pepper. Serve with sauce and vegetables.