

# STEAK WITH CHANTERELLE SAUCE

2 Portions | Preparation time 45 min

## INGREDIENTS

2 beef steaks of tenderloin  
200 g of fresh chanterelles  
1 onion  
1 clove of garlic  
1 bunch of parsley leaves  
200 ml of cream 30%  
1 tablespoon of clarified butter  
Olive oil  
Sunflower oil  
50 ml of dry white wine  
1 tablespoon of lemon juice  
Salt, pepper.

## INSTRUCTION

Take the steaks out of the fridge, wash and dry them. Put them away so that their temperature changes. Never fry steaks taken straight from the fridge, the meat will be cold inside. Take the steaks out of the fridge at least 30 minutes before frying.

We should clean the chanterelles from adding them. Cut larger ones into smaller pieces. Peel the onion and cut into small cubes. Peel the garlic cloves. Wash a bunch of parsley and chop finely. In a pan, dissolve a tablespoon of clarified butter and a tablespoon of olive oil.

## PURCHASE LIST

2 beef steaks  
200 g of fresh chanterelles  
Onions  
Garlic  
Parsley leaves  
Clarified butter  
White wine  
Lemon

Put the onion into the hot fat. After about one minute add a clove of garlic squeezed through the press. Fry for 30 seconds. Then add the purified chanterelles. Fry for about 7-10 minutes. After this time add cream, white wine and lemon juice. Season with salt and pepper. On low heat reduce the sauce about 15 minutes. After this time remove from the heat and add chopped parsley.

Heat the pan. If you use a grill frying pan, do not use fat, or if you use a regular frying pan with a little sunflower oil. You can also rub the steaks with a little oil on both sides and then fry them in a dry frying pan. Place our steaks on a hot frying pan. Fry max. 2 minutes on each side, then they will be medium. The frying time depends on the thickness of the steak. The thinner the shorter. I fry 3-4 cm thick steaks. After turning over to the other side, fry the fried side of the steak, add salt and pepper. After frying, put the steak on a board seasoned with the side down. Season the other side. Steak should rest for about 5 minutes before serving.

Serve steaks with chanterelle sauce and roasted potatoes. [You will find the recipe for potatoes here.](#)