



Please note: Food images are representative only and not the actual cooked recipes.

Shallots Red Sun – Steak and red wine shallots

SERVES 2 • PREP: 15 MINUTES • COOK: 40 MINUTES

INGREDIENTS

For the steak

- 2 good-quality steaks (ribeye, sirloin, or fillet)
- Salt and freshly ground black pepper
- 1 tablespoon oil
- 1 tablespoon butter

For the red wine shallots

- 6–8 shallots, peeled and halved (or quartered if large)
- 1 tablespoon butter
- 1 teaspoon sugar (optional)
- 120 ml ($\frac{1}{2}$ cup) red wine
- 120 ml ($\frac{1}{2}$ cup) beef stock
- 1 teaspoon fresh thyme (or $\frac{1}{2}$ tsp dried)

METHOD

1. Prepare the steak

Remove steaks from the fridge 30 minutes before cooking. Pat dry and season generously with salt and pepper.

2. Cook the steak

Heat a heavy pan over high heat. Add oil. When hot, add steaks and cook to your liking:

Rare: 2–3 minutes per side

Medium-rare: 3–4 minutes per side

Medium: 4–5 minutes per side

Add butter in the final minute and baste the steaks. Remove and rest under foil.

3. Cook the shallots

Lower heat to medium. Add butter to the same pan. Add shallots and sugar (if using). Cook for 5–7 minutes until lightly caramelised.

4. Deglaze with wine

Pour in red wine, scraping up any browned bits. Simmer until reduced by half.

5. Add stock and thyme

Stir in stock and thyme. Simmer for 8–10 minutes until shallots are tender and the sauce is glossy.

6. Finish and serve

Season the sauce to taste. Spoon the red wine shallots over the rested steaks.



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