

Rydberg steak on beef fillet with mushroom sauce

4 servings

450-600 g beef fillet
800 g firm potatoes
Rapeseed
oil Butter
5-6 drops Worcestershire sauce (can be omitted)
1 tsp salt
3 tsp white pepper
1 pot parsley

Mushroom sauce

250 g mushrooms (champignons, porcini mushrooms, chanterelles, etc.)
1 yellow onion
25 g butter
1 tbsp wheat flour
3 dl cream
2 dl water
0.5 tbsp Japanese soy sauce
0.75 tsp salt
1 pinch white pepper

Set the oven to approximately 50 °C (122 °F).

Peel and cut the potatoes into 1x1cm cubes. Place in a bowl of cold water for about 20 minutes to draw out the starch.

Trim the beef fillet and cut it into 2-3 cm cubes.

Drain the potatoes thoroughly in a colander. Place the potatoes in a kitchen towel and pat them dry.

Fry the potatoes in rapeseed oil over high heat until golden brown but soft inside.

Keep the potatoes warm in the oven.

Fry the meat in batches in rapeseed oil and butter over medium heat for about 4-5 minutes. Stir occasionally. The meat should be slightly pink in the middle. Season with salt, white pepper and possibly Worcestershire sauce.

Mushroom sauce

Clean the mushrooms and cut the large ones into smaller pieces.

Peel and chop the onion and fry it in butter until soft and shiny.

Add the mushrooms.

Cook covered for 6 minutes, stirring a few times.

Sprinkle over the flour and stir.

Add cream, soy sauce, water and spices. Cook uncovered for 10 minutes.
Stir a few times.

Add more water or cook longer to get the right consistency.

Season with salt and pepper.