

BLACK ANGUS PORTERHOUSE

Red Wine Sauce, Aquaponics Salad, Lemon Dressing

(Serves 2) MODERATE ★★★☆ TIME: 60mins



INGREDIENTS

Black Angus Porterhouse	900gm
Olive Oil	2 tbsps
Salt, to taste	
Black Pepper, to taste	
Thyme	2 sprigs
Garlic Clove (skin on), crushed	2 pcs
Unsalted Butter	40gm
Aquaponics Salad	80gm
Lemon Dressing Premix	50gm
Red Wine Sauce	200ml

METHOD

1. Turn pan or griller on to medium high heat.
2. Season beef with salt and pepper. Brush pan or griller with oil.
3. Sear beef for 3 minutes on one side, flip over to other side and sear for another 1 minute.
4. Add in garlic, thyme and butter. Baste butter over beef for 1 minute. Then set aside to rest for 5 minutes.
5. In a mixing bowl, toss the Aquaponics salad with lemon dressing and seasoning if required.
6. Warm up red wine sauce in a pan or microwave.
7. Slice the beef before serving with salad on the side.

*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!

