

STEAK FRITES

Autumn ALC menu 2024

Grill main course

Main plate | Chips pot | Blue striped paper

- 1 each Minute steak 5oz
pinch of salt & pepper, 10ml veg oil
- 1ptn Frites
pinch of salt
- 10g Garlic butter DK
- 3g Pickled shallots DK
- 1g Fresh Chervil
- 1g Fresh Parsley

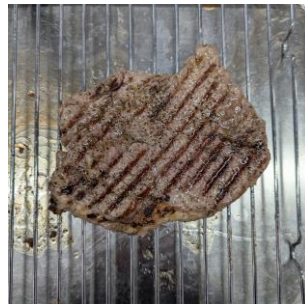
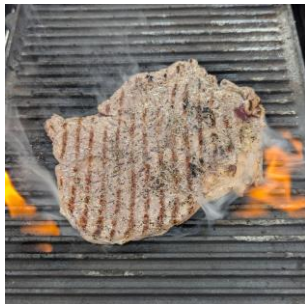


PREP JOBS

1. Slice Garlic butter
2. Pick parsley & chervil

METHOD

1. Rub steak with veg oil, salt & pepper on both sides.
2. Grill steak on griddle plate with single bar marks on both sides
3. Remove steak from griddle plate and place it on the resting rack / tray for 1 minute
4. Serve the steak on warm plate with garlic butter, herb salad and frites as per picture



SAFETY STEPS

1. Use red tongs for raw meat.
2. Use a designated spatula to flip the meat.
3. Use yellow tongs for cooked meat.