

By: Miguel Ángel Mateos



Iberian Pork Shoulder Steak with Meat Sauce and White Spring Garlic.



DIFFICULTY
LOW



COOKING STYLE
MEDITERRANEA



Nº OF DINERS
4



TYPE OF DISH
MAIN COURSE



PREPARATION TIME
30 MINUTES



VARIETY OF GARLIC
WHITE SPRING

Ingredientes

- 2 cloves of Big Garlic White Spring Garlic
- 800 gr Iberian Pork Shoulder Steak
- 8 shoots of green asparagus
- Fleur de sel
- 50 ml cooking cream
- 100 ml Worcestershire Sauce
- 10 gr Extra Virgin Olive Oil
- The green part of 2 fresh scallions

Paso a Paso



1. Peel the garlic cloves and cut them finely.
2. Put the frying pan on the heat, add a drop of oil and slightly brown the finely cut garlic on a medium low heat so that they don't change colour very much.
3. Add the finely cut asparagus, the finely chopped green part of the fresh scallions, lightly stir fry them all and take the pan off the heat.
4. Add a little more oil to the same frying pan on a medium low heat, and brown the shoulder steak so that it is rare and then take it off the heat.
5. Then, in the same frying pan add the Worcestershire sauce and leave it until the sauce is slightly reduced. Add the cream, leaving it on the heat until it is completely mixed with the sauce and reduced, then take it off the heat.

FINISHING THE DISH:

6. Put 5 Iberian Pork Shoulder Steaks on a plate in steps and spread out and pour the sauce on them, completely covering the meat.
7. Put the stir fried asparagus, the green from the fresh scallions and the wonderful finely sliced, browned garlic cloves on top of the sauce.

CHEF'S TIPS Miguel Ángel Mateos:

- The Iberian Pork Shoulder Steaks should be cooked on both sides on a high heat, but not too much, so that they are succulent.
- Perrin's sauce or gravy may be used if there is no Worcestershire sauce.
- The stir fried asparagus and garlic will emphasise the taste of the meat and sauce, giving the dish real flavour.
- For this dish we can use "Secreto Iberico" (which is a pork fillet from pigs fed on acorns), or another juicy meat which may be cooked on a hotplate or grill.