

More than 1 hour

Serves 2

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Ingredients:

Béarnaise sauce:

- 3 Tbsp (45ml) white wine vinegar
 - ¼ onion, grated
 - 3 cloves garlic, chopped
 - 3 egg yolks
 - 2-3 cups (500-750ml) butter, melted
 - Salt and milled pepper
 - Handful fresh parsley, chopped
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- 4 medium potatoes, cut into 2cm-thick matchsticks
 - Salt and milled pepper
 - 1 (300-500g) PnP wagyu rib-eye steak, at room temperature
 - Glug olive oil
 - 2 Tbsp (30ml) butter
 - 3 cloves garlic, skin on, lightly smashed
 - 2 sprigs fresh rosemary
 - Vegetable oil, for deep-frying

Method

1. To make the sauce, combine vinegar, onion and garlic in a pot and simmer for 8-10 minutes.
2. Transfer to the jug of a blender and add egg yolks, one at a time, making sure it's smooth before next addition.
3. Add melted butter in a thin, slow stream while motor is running and process until sauce thickens.

4. Season and stir through parsley.
5. Set aside, keeping warm in a bain-marie (a roasting pan half-filled with hot water will work).
6. Parboil potatoes in salted water for 5-8 minutes. Remove and cool on a baking tray.
7. Fill a large pot halfway with oil and heat on high.
8. Deep-fry potatoes in batches for 8-10 minutes (they should not colour).
9. Season steak on both sides.
10. Heat a cast-iron or heavy-bottomed pan over high heat until smoking hot.
11. Add oil, butter and aromatics to pan and sear steak 4-5 minutes per side (for medium-rare).
12. Rest steak for 10-12 minutes before slicing.
13. Refry potatoes just before serving for 5 minutes until golden. Season.
14. Serve sliced steak with béarnaise sauce and fries.

DID YOU KNOW?

Wagyu (pronounced 'wag-you') is one of the most sought-after meats in the world. What makes it so special is its copious marbling (the small flecks of fat between muscle tissue). When heated, the fat melts into the meat like butter, resulting in a rich, luxurious piece of steak.

Make it like a chef!

Why triple-cook? Parboiling ensures that the inside of the potato stays soft and fluffy, the first fry seals in that fluffiness and starts the crisping, while the last fry crisps it up perfectly.

[Browse more steak recipes here.](#)