

OUR FAVORITE RECIPES

Sirloin Steak with Prego Sauce



Ingredients:

200 g (7 oz) sirloin steak per person
Olive oil
A few drops *Aromat Knoor*

For the Prego sauce:

6 cloves garlic
2 fresh hot chilies
60 ml (2 oz) Lea & Perrins Worcestershire sauce
2 tablespoons *Aromat Knoor*
150 g (5 oz) *Atchar* (see our website)
150 g (5 oz) Mango chutney
4 cups extra virgin olive oil
8 cups larger beer

Preparation:

In a frying pan place oil and sprinkle a little *Aromat*. Allow the mix to get almost black, then add the steaks and brown on both sides. If you like your steaks juicy, turning them upside down just once is sufficient. If you prefer your steak pinkish, add one minute to each side. At this point stir well the Prego sauce you have prepared and pour on and around the steaks one ladle at a time (beware that it will catch fire) and reduce to a fairly thick sauce that you will serve on top of your steaks. If you find the sauce separates add a little more Prego sauce base.

For the Prego sauce, in a food processor mix all ingredients well together to obtain a chunky mixture. Keep in bottles in the fridge - this sauce can be kept for months. Excellent for marinating meats for barbeque.

