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CORNERSTONE STEAK SANDWICH

Serves 2

1 ONION (PEELED)
SALT /PEPPER
2 TBSP OLIVE OIL

2 X 120g RANGERS VALLEY BAVETTE (CUT 3-4 CM THICK)
1 TBLS OLIVE OIL
SALT PEPPER

2 CIABATTA OR 4 SLICES SOUR DOUGH BREAD

2 TBLS MAYONNAISE
2 TSP MUSTARD (DIJON OR SIMILAR)
HANDFUL OF ROCKET LEAVES OR BABY GEM

METHOD

CUT THE ONION IN HALF THEN SLICE INTO 5MM SLICES.
HEAT A FRYING PAN, ADD THE OIL FOLLOWED BY THE ONION,
SALT AND PEPPER, SAUTÉE ON A MEDIUM HEAT UNTIL GOLDEN BROWN . KEEP
TO ONE SIDE.

PUT THE FRYING PAN ON A HIGH HEAT,
SEASON THE BAVETTE WITH SALT AND PEPPER, POUR THE OIL INTO THE PAN
AND ADD THE STEAK, TURNING THE MEAT EVERY MINUTE. COOK UNTIL
CORRECT DONENESS IS ACHIEVED.
AROUND 5-6 MINUTES FOR MEDIUM RARE.
ALLOW THE MEAT TO REST FOR 4 MINUTES.

CUT THE CIABATTA IN HALF AND TOAST BOTH SIDES IN THE STEAK PAN. .
MIX THE MUSTARD AND MAYONNAISE TOGETHER. SPREAD ON ONE CUT SIDE OF
THE BREAD. SLICE EACH BAVETTE INTO 5-6 PIECES, PLACE ON THE MAYONNAISE
FOLLOWED BY THE COOKED ONIONS.
TOP WITH ROCKET LEAVES AND THE OTHER HALF OF CIABATTA.

BON APPETIT!