



Portnellan Steak with Brandy

Popeseye can be grilled, fried or lightly braised – serve with rice. Below is a lovely recipe for a special evening

- Cut the steak into large pieces
- Brown it gently in a pan with olive oi
- Remove steak to a side plate - keep warm
- Brown some onion
- Return the steak to the pan with the onion
- Add a dash of brandy /cognac and cream
- Add some mushrooms (if you like them)
- Salt and pepper to taste
- Cover and cook very gently in the oven (170°C, 325°F or
- Gas Mark 3) for about 1 hour