
RECIPE OF THE WEEK

‘The Eagle’ Steak Sandwich

David Eyre opened the first ‘gastropub’ called ‘The Eagle’ in Farringdon Road in London. It was and still is my favourite lunchtime venue and David’s ‘Bife Ana’ (Portuguese steak sandwich) is my usual choice.

Not to be confused with the Portuguese fried pork escalope of the same name, this (beef)

Cos lettuce leaves
sea salt

For the marinade:

1 onion, thinly sliced
1 garlic clove, chopped
1 small dried chilli, crushed
1 bay leaf, broken up
1 tablespoon chopped parsley
1 teaspoon dried oregano
2 tablespoons red wine
3 tablespoons olive oil
Freshly ground black pepper



steak sandwich is named after Dona Ana, a larger-than-life mafiosa who owned a cattle ranch, bakery and bar in Mozambique where David grew up. The bakery and ranch provided the primary ingredients for the huge pregos – the real (Portuguese) name – served in the bar. Its secret is the marinade coupled with a proper bread roll.

500g rump steak, thinly sliced (the original would have used fillet)

2 large crusty rolls – David uses stone-baked Portuguese rolls called carcaças

2 tablespoons olive oil

Mix all the ingredients for the marinade, add the steak and leave to marinate for a few hours (but no longer than 8 hours). Remove the steaks from the marinade, then strain it and set aside.

Warm the rolls in a medium oven.

Heat a heavy-based frying pan until very, very hot, then add the olive oil and fry the steaks very quickly. If your pan is hot enough, they will need to be turned within a minute. Remove the steaks and keep warm, then add the dry ingredients from the marinade to the pan with some salt.

Cut the rolls in half and arrange the cos lettuce and then the steaks on the lower halves. Add the strained marinade liquid to the pan and let this bubble and reduce a little, then pour into the top halves of the rolls. Close the sandwiches and eat immediately, with both hands. Serves 2

• *This recipe is taken from the Eagle Cookbook: Recipes from the Original Gastropub by David Eyre and the Eagle chefs (Absolute Press, £20).*

To download this recipe go to www.squisito-deli.co.uk
