



HOME CHEF

English Pub Steak

With Oven Fries, Malt Vinegar Mayo, and Smashed Peas



Renowned English diarist Samuel Pepys observed, “Strange to see how a good dinner and feasting reconciles everybody.” He wrote that over 300 years ago, and we think the same still holds true, especially with this take on traditional English pub fare. Tender flat iron steak gets pan-roasted and served atop a pile of crispy oven fries (chips, gov’nuh?) and buttery mashed peas. Pour yourself a pint of the black stuff (that’s Guinness to you Yanks), grab a knife and fork, and enjoy reconciling with this brilliant dinner.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 963
Carbohydrates: 71g
Fat: 45g
Protein: 119g
Sodium: 428mg
per serving

DIETARY



NUT-FREE

DRINK PAIRING

This is an English steak, so we’d be crazy not to recommend some UK drink pairings. Go with the classic Guinness stout, or find Boddington’s ale, an English pale ale brewed in Manchester.

INGREDIENTS

2 Russet Potatoes
1 Garlic Clove
1 Shallot
2 Sirloin Steaks
1 tsp. Gluten-Free Minor's Beef Base
2 Tbsp. Mayonnaise
1 tsp. Malt Vinegar
8 oz. Frozen Peas
2 Tbsp. Butter

WHAT YOU NEED

Olive Oil
Salt
Pepper
Cooking Spray

EQUIPMENT

Baking Sheet
Mixing Bowl
Small Bowl
Small Pot
Medium Pan

DID YOU KNOW?

The flat iron steak is known as the butler's steak across the pond. Malt vinegar is made from germinated and dried barley, the same ingredient that gives ales and milkshakes their distinctive flavors.

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Bake the Fries

Preheat oven to 425 degrees. Move an oven rack to the bottom position. Prepare a baking sheet with foil and cooking spray. Rinse **potatoes**, pat dry, and cut into ¼" sticks. Place potatoes on prepared baking sheet, season with a pinch of **salt and pepper**, and toss together with 1 Tbsp. **olive oil**. Spread into a single layer and place in oven on bottom rack for 12 minutes. Remove from oven, flip fries, and roast for an additional 15-18 minutes, or until golden brown and crispy. *The side of the potato touching the pan will brown faster, so flipping helps ensure even crisping.* Season roasted **fries** with a pinch of salt.



Prepare the Ingredients

Thoroughly rinse remaining produce and pat dry. Mince **garlic**. Peel and mince **shallot**. Rinse **steaks**, pat dry, and season with a pinch of **salt and pepper**. In a medium mixing bowl, combine **garlic, shallots, beef base**, and 1 tsp. **olive oil**. Add steaks to bowl and rub **garlic-shallot marinade** over both sides. Set aside and allow to marinate for 10 minutes.



Prepare Malt Vinegar Mayo and Mashed Peas

While fries roast, stir together **mayonnaise, malt vinegar** and a pinch of **salt and pepper** in a small bowl. Set aside. In a small pot, combine **frozen peas** and 2 Tbsp. water over medium-high heat. Cook until tender, 4-5 minutes. Remove from heat, add half the **butter**, and mash with a fork or potato masher until a chunky mash forms. Set aside.



Cook the Steaks

Place a medium pan over medium-high heat. Using a spoon, scrape **marinade** off **steaks** and reserve marinade. Add 1 tsp. **olive oil** into hot pan. Add steaks to pan and reduce heat to medium. Cook 3-4 minutes, flip steaks, and cook 4-5 minutes, or until a minimum internal temperature of 145 degrees is reached. Remove from pan and set aside to rest. *Resting meat allows its juices to redistribute and results in a more flavorful steak.* Reserve pan for next step (no need to wipe clean).



Make the Sauce

Return pan to medium-high heat. Add reserved **marinade** and cook for a minute; add ¼ cup **water**, bring to a boil for 1 minute until thickened. Run a wooden spoon against the bottom of the pan to release the flavor-packed brown bits for your final sauce. Remove from heat, swirl in remaining **butter**, taste, and season with **salt and pepper**, if necessary. *The finished sauce should be just thick enough to coat the back of a spoon.*



Plate the Dish

Divide **fries** and **mashed peas** between two plates. Place **steak** up against fries and pour **pan sauce** at the base of steak. Serve **malt vinegar mayo** on the side as a dipping sauce for the fries.