

BEEF SKIRT STEAK SERVED WITH MUSHROOM RISOTTO



CA1



4 servings



40 min



difficulty: medium

INGREDIENTS

- 800 g of beef red skirt (28 oz)
- 2 cups of arborio or risotto rice (400 g / 14 oz)
- 1½ cups mushrooms (300 g / 10 oz)
- 1 medium sized onion
- ½ cup white wine (100 ml / 3.4 fl oz)
- 2 L vegetable stock (68 fl oz)
- ½ cup Parmesan cheese (100 g / 3.6 oz)
- 1 tbsp butter
- olive oil, salt and pepper to taste

PREPARATION

- 1. For the risotto:** cut the onion into small cubes, and sauté with some olive oil in a frying pan.
- Carefully remove stems from mushrooms and cut them into small cubes, add to the onion and continue frying for 5 minutes, season with salt and pepper. In another pan, sauté the mushrooms without stems for 5 minutes and set aside.
- Add the rice and sauté for 2 more minutes, and then gradually add the hot vegetable broth stirring constantly for 18 minutes, as it evaporates. When 18 minutes are up, add the sautéed mushrooms, butter and Parmesan cheese, cook for 2 more minutes and remove from heat. Serve with meat.
- 4. For the meat:** clean skirt steak, trimming excess fat, cut 4 portions and set aside. In a frying pan add oil and when very hot add meat, cook 2 minutes per side, add salt and pepper and remove. Serve medium done. If you prefer it more done, cook for other 4 minutes per side.

