



Reef-n-Beef

Eungella Style



INGREDIENTS I USE.....

Eungella Beef Eye Fillet, Rib Fillet, Rump or T-bone
Sesame Oil
Fresh local large green prawns
2-3 Tbs butter
2-3 Tbs flour
2-3 cloves Eungella Chemical Free Garlic
2 cups milk
Pinch salt and pepper
Bay leaf from my Eungella garden
Parsley and chives from my Eungella garden to garnish

HOW I MAKE IT....

Peel and clean the prawns, then flash-fry in a little sesame oil.

Take the prawns out and set aside, and using the same the same pan (for the pan juices), add the garlic, salt, pepper, bay leaf and milk.

Bring to the boil very slowly over low heat, and then pour into a heatproof container.

Using the same pan, use the remaining butter, and flour, and heat over very low heat, whisking all the time. The butter and flour will bubble.

Pour the warm milk mixture back into the pan very slowly, whisking all the time. Keep whisking over low heat until the sauce thickens.

Put the cooked prawns back in the sauce to warm through, and remove the bay leaf.

Sear your Eungella Beef in a little sesame oil, then plate up, pour the prawns and garlic sauce over the top, and sprinkle with parsley and chives.

Serve with salad, jacket potato or chips, and ENJOY!