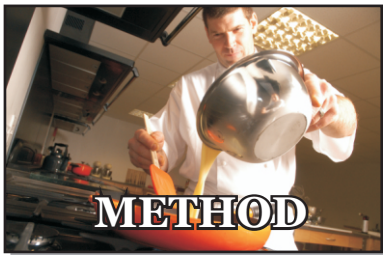


Lisbon Café Style Beef Fillet

4 x 170gm Fillet steak
100gm Butter
4tbsp Potato flour (Cornflour)
12 tbsp Milk
4tbsp Mustard
Lemon Juice to taste
Salt and Pepper



1 frying pan
Chopping boards
mixing bowl



Heat half of the butter in a frying pan, heavy based.

Seal on all sides and cook to your liking with plenty of seasoning to your own taste

Remove the steaks from the pan and reduce the heat

Mix the milk and flour together and add to the pan with the remaining butter and the meat juices

Stir quickly and thoroughly to a smooth paste

Add the lemon juice, the mustard and season to taste

Simmer for 4 to 5 minutes to cook out

Serve with a dressed salad or steamed baby potatoes with herbs and butter