

# Sizzling Steak Sandwich



Who doesn't love a steak sandwich? Whether you have had a full morning of fun on the water or a serious session on deck, satisfy hungry crew and friends with this succulent steak sandwich.

It's worth taking the time to make the caramelised onions as including these will really take your lunch to the next level. If more convenient, you can make the onions the night before - they still taste amazing when you reheat them the next day.

You will need –

- 400g Flank Steak (Approx. 100g per person)
- 2 large white onions
- 1 loaf of Ciabatta
- A few sprigs of Thyme, leaves picked (Or ½ tsp of dried)
- A drizzle of honey
- 1tbsp wholegrain mustard
- 3 tbsp mayonnaise
- Knob of butter
- Olive oil
- Rocket, Watercress or little gem lettuce to serve

## Method

### One.

Take your meat out of the fridge around half an hour before you want to cook it. Prepare your steak by tenderising with a rolling pin or wine bottle – whatever you have to hand! Ensure that the thickness of the meat is even to enable the steak to cook properly. Cut the steak across the grain into smaller pieces around 7cm across. Season the meat with sea salt and black pepper and leave to rest for 5- 10 minutes.

### Two.

Meanwhile, peel and thinly slice your onions. Put a heavy based frying pan on to a medium heat and add a knob of butter and a tbsp of olive oil.

Add the onions and thyme leaves to the pan and cook slowly for around 8 minutes, stirring often. When the onions turn golden brown in colour and begin to crisp up drizzle a teaspoon of honey over the onions, stir and cook until the honey caramelizes. Put the onions in a bowl and cover to keep warm. You are looking for golden brown hues here – no charring. Keep it low and slow!

### **Three.**

To cook the steak, place your frying pan on the highest heat and once it is hot add a splash of olive or rapeseed oil. Put the steak into the pan, wait 15 seconds and turn the steak, do this repeatedly until the steak is cooked to your liking. This will allow the a really nice colour and flavour to develop on the outside of the steak whilst keeping the meat nice and pink on the inside. I did this for about 3 minutes. Remove from the pan and rest the meat loosely covered, for about 10 minutes.

### **Four.**

In a bowl mix the wholegrain mustard and mayonnaise together.

Divide your ciabatta into four chunks, slice horizontally in half and slather on your mayonnaise mixture. Slice your steak into 1cm thick slices (Again, across the grain) and pile onto the bread.

Pop your onions on top of this. Finally, add your leaves, season and serve!

Serves Four .

### **Variations**

You might also like to try sundried tomato paste and horseradish or for a spicier version try Siracha sauce and mayonnaise.