

Hinds and Haunches



Steak with Apple / Prunes

Serves 4

For lovers of 'sweet and sour' flavours, this is an unusual recipe which is also very successful on the barbecue.

4 rump steaks

12 large pitted prunes

150ml / ¼ pint thick apple puree

1 tablespoon wine vinegar

Pinch of grated nutmeg

Pre-heat oven to 190oC / 375oF / Gas Mark 5.

1. Lay each steak on a square of oiled foil. Spread with apple puree, top each steak with four prunes and season with a little grated nutmeg and the wine vinegar.
2. Cook for 20 minutes. Serve with choice of potatoes, vegetables.