

A Cheese Sauce for Steak

Notes:

It is normally thought that cheese enhances wine, but in fact the “blue” cheeses can have effects which differ greatly. In my opinion, “Danish Blue”, which is very popular in the UK, kills a wine stone dead, while at the other extreme the French Saint Agur positively enhances a red wine. It was an assistant at the cheese counter in a French hypermarket, with whom I was discussing the rump steak that I had just bought, who suggested that I might like to try a Saint Agur sauce with it. I tried it, I liked it, so here is the very simple recipe that I contrived.

Ingredients:

Per person:

40gm Saint Agur

20 gm whole cream (slightly less if you prefer a thicker sauce)

Method:

Put the cheese and the cream into a saucepan, and warm gently, stirring constantly, until the cheese and the cream are completely blended. It is not necessary to cook the mixture, and it should not be allowed to boil. Nevertheless, it gets hot enough to soften a plastic spatula, so if you use one ensure that it is heat resisting, or use a wooden one.

Apart from the steak, this sauce goes very well on a potato.