

Money Saving Meals *Masterchef* Makeover:

A health and price challenge

OK, you loved the show and now you are inspired to try some dishes. You loved Julie and her style of home cooking (we did) so you've decided to make her **Pan-fried Steak and Chips with Tarragon Salt** http://www.masterchef.com.au/media/Pan-fried_steak_and_chips_with_tarragon_salt.pdf (the judges raved about it).

So you go shopping and almost pass out at the price of 'veal glaze' and 'duck fat', but you really want to try the dish (or something really like it). Try our's. Diane made Julie's dish for less than a quarter of the price, a fantastic flavour, easier to prepare and with much less washing up to boot.

What Julie did	What Diane did
Fried potatoes in duck fat. (Duck fat: \$12 for 270 g)	Baked potato wedges in olive oil. (Baked means you have one less thing to worry about on the stove). Used less salt on the potatoes
Pan fried one 400 g rib-eye steak (we priced it at \$13.20) and served 1 person	Pan-fried 4 New York (porterhouse) steaks that cost us \$12.00 and served 4 people
Used 1 cup veal glaze (\$16.30) and brandy for the sauce. (Plus 1 tablespoon of cream – what do you do with the rest?)	Used red wine, beef stock and 50 g quince paste (\$2.40) for the sauce
Used 4 frying pans and 1 saucepan	Used 1 baking tray, 1 frying pan and 1 saucepan

Total cost of Julie's for a single serve is around \$35 and for Diane's is \$7.50. So a family of four can enjoy a 'Julie' meal for less than the cost of Julie's dish for one person. That's the money saving bit.

Now for the health bit. Enjoy Julie's meal and you'll be taking on board 7560 kJ (1800 calories – about the total number you need for a day in a single meal) and 140 g fat (including 64 g saturated fat). Diane's meal had 2080 kJ (495 calories) and 20 g fat (including 7 g saturated fat). What a difference.

Diane's pan fried steak and potato wedges with tarragon salt

- 4 potatoes, sliced into wedges
- 1½ tablespoons olive oil
- ¼ teaspoon sea salt
- 2 teaspoons finely chopped fresh tarragon
- 20 g butter
- 4 small (total weight around 600–650 g or about 1½ pounds) New York cut (porterhouse) steaks, trimmed (buy 2 and ask the butcher to slice them in half as they are very thick)
- ½ cup (125 ml) red wine
- ½ cup (125 ml) beef stock
- 50 g or 1½ oz (1/2 the container) quince paste, chopped
- 400 g (14 oz) mushrooms, sliced
- 2 cloves garlic, crushed
- 250 g (9 oz) green beans



- Preheat the oven to 200°C (400°F) and line a baking tray with baking paper. Place the potatoes on tray in a single layer, drizzle with 2 teaspoons of the oil and freshly ground black pepper and cook for 40 minutes until golden.
- Put a pot of water onto the boil for the beans and when boiled, pop on a lid and turn off heat, ready for when you cook the beans. Mix salt with tarragon and use your fingers to rub them together.
- Heat the butter and remaining oil in a large non-stick frying pan. Grind the black pepper generously over steaks. Cook the steaks for 2–4 minutes each side depending on thickness and to your liking. Remove from pan and rest, covered with foil.
- Pour out any excess fat from the pan. Add the wine, stock and quince paste to the pan and let it sizzle and then simmer, stirring occasionally to dissolve the quince paste, for about 5 minutes until sauce has reduced. Pour the sauce into a heatproof jug. Add the mushrooms and garlic to the pan and cook for about 3 minutes until the mushrooms are tender. Remove the pan from the heat and stir the sauce through the mushrooms. While the mushrooms are cooking, reheat the water for the beans and add them to the pot, cooking for 2–3 minutes until tender crisp, then drain.
- Serve the steak topped with mushroom sauce, beans and potato wedges tossed with the tarragon salt.