



# Smoked steak with hollandaise sauce

25'  
Hands on

10'  
Cook Time

2-4  
Portion(s)

2  
Difficulty



## Method

For the Hollandaise sauce

- In a [pot](#) with boiling water over medium heat, place a metal or glass bowl to create a bain-marie.
- In the bowl add the yolks, the vinegar, the water, and whisk well.
- Add the mustard and whisk constantly until the mixture thickens and turns fluffy.
- When your mixture starts getting hot, remove it from the heat, and add the butter very slowly by constantly whisking.
- Add salt, pepper, and mix. Cover with plastic wrap and set aside. The moment you want to use it, whisk it well. If your sauce is too thick, thin it with a little water.

For the steaks

- Place a [frying pan](#) over high heat.
- Add olive oil, salt and pepper to your steaks, and transfer them to the hot pan. Sauté for 1 minute on each side until golden brown. Remove and set aside.
- Line a pot with aluminum foil and make sure there are no gaps.
- In the pot add the sugar, the cloves, the cinnamon, the pepper, the rosemary, and the oregano. Cover the ingredients with aluminum foil and prick its surface to allow the steam to escape.
- Place a steaming basket into the pot and add the steaks.
- Cover the lid with aluminum foil and seal the pot well. Transfer over high heat. As soon as steam starts coming out of the pot, simmer at low heat for 8-10 minutes.

To serve

- Place a frying pan over high heat and add the green beans. Sauté for 1-2 minutes until they are golden.
- Serve the steaks with the sauce, the green beans, mashed potatoes, pepper, and thyme.

## Tip

If the Hollandaise sauce splits, create a bain-marie again and add one egg yolk, water, and whisk. Then, add the split sauce and whisk until the ingredients are homogenized.

## Ingredients

For the Hollandaise sauce

- 2 egg yolks, from medium eggs
- 1 tablespoon(s) vinegar, white wine
- 1 tablespoon(s) water
- 1 teaspoon(s) mustard
- 100 g butter, melted
- salt
- pepper

For the steaks

- 600 g beef steaks, ribeye
- 2 tablespoon(s) olive oil
- salt
- pepper
- 300 g brown sugar
- 4-5 cloves
- 2 stick(s) cinnamon
- 1 tablespoon(s) pepper
- 4-5 sprig(s) rosemary
- 4-5 sprig(s) oregano

To serve

- 400 g green beans, boiled
- 500 g [mashed potatoes](#)
- pepper
- thyme

## Διατροφικός πίνακας

Nutrition information per portion

455 Calories (kcal)	35.0 Total Fat (g)	19.0 Saturated Fat (g)	0.5 Total Carbs (g)
23%	50%	95%	0%
0.5 Sugars (g)	33.0 Protein (g)	0.0 Fibre (g)	1.3 Sodium (g)
1%	66%	0%	22%