

Recipe for sirloin steak with Cabrales cheese - Receta Solomillo al Cabrales (Two servings)

This traditional Asturias dish is served to fishermen by Hotel La Salmonera, by the banks of Spain's finest salmon fishery, the River Sella.



A great red wine that will complement any meat dish, this bottle of Tierra do Cangas comes from Cangas de Onis in Asturias.



Ingredients: sirloin steak
Cabrales (traditional Asturias blue cheese)
Mushrooms. Red wine. Flour, Butter
2 tbsp or so of olive oil.
Cooking time: 20 minutes

Method: clean and slice mushrooms. Melt butter and add flour to frying pan. Add wine and heat gently. Add olive oil to another frying pan heat olive oil then add mushrooms. Add water to first frying pan in order to thin sauce into a creamy consistency. Crumbled cheese is added to the cream sauce then the cooked mushrooms are added and allowed to simmer for ten minutes. Sirloin steaks are grilled on high heat until rare. The steaks are added to the frying pan and cooked in the sauce for until the meat is cooked to suit taste.

Further information, about Spain's finest salmon and trout fishing is provided in "The Essential Guide to Fly Fishing in Asturias - NW Spain" a copy can be obtained online at: www.spainfishing.com