

## **MARRARE STEAK OR STEAK 18TH CENTURY PORTUGUESE DISH**



António Marrare, a citizen of Naples, settled in Lisbon at the end of the 18th century, where he owned several coffees.

The first establishment was located near the São Carlos Theater and the other coffees were opened at Wharf Sodre, Chiado and Street of Shoemakers and all the meeting points of the best society in Lisbon.

However, it was at the Coffee of the Street of Shoemakers also called Marrare of the Seven Doors founded in 1804 that the famous Marrare steak was born.

### **Ingredients (serves 2 people):**

2 steaks with 150 to 180 g of the inside and back of the ox's thigh

4 tbsp butter

Coarse salt to taste

Black pepper ground to taste

4 tbsp cream or heavy cream

### **Preparation:**

1. Melt half the butter in an iron skillet and place the steak to brown on both sides.

2. Prepare quickly so that the meat juices do not come out of it.



3. Season with coarse salt and ground pepper.

4. Drain the fat that the steak has fried, store the steak in the pan and add the remaining butter.

5. Reduce heat and add cream or heavy cream until sauce thickens and stir fry pan.

6. Serve with chips.

