

PROFESSIONAL STEAK

Ingredients

A quarter cup of olive oil

Half a teaspoon of paprika

¼ teaspoon turmeric

Quarter teaspoon curry

Half a teaspoon of onion powder

½ teaspoon garlic powder

Quarter of a teaspoon of white pepper

Half a teaspoon of salt

Half a kilo of small potatoes

potato:

2 pieces of cheddar (or kashkaval)

Quarter cup of cream

Pinch of dried pepper

pepper pinch

Quarter teaspoon of salt

2 spinach

small onion

spinach:

green thyme

2 garlic cloves

butter (100g)

pepper

salt

Beef Piece (400g)

Directions

First we put the cooking pot on high heat, then we put salt and pepper on the steak slice on both sides of the steak slice, then we put a little oil in the cooking pot, and then we add the steak slice to the cooking pot for about 3-4 minutes.

Then we turn the steak slice to the other side, then add the cubes of butter, garlic, thyme and fry the steak until we get the desired shape, and then we remove the steak slice from the fire and leave for five minutes, then it is ready. For spinach: In a bowl, put onions and olive oil, then fry them, then add spinach, salt, pepper, cooking cream, dry capsicum, cheddar and cook all the ingredients.

Bon Apetit!