

Mince garlic and rosemary.

Add 1 teaspoon salt (or to taste) and mince a little longer. You can also do this with a mortar and pestle.

Rub the paste over both sides of each steak.

Heat skillet over medium/high and melt butter. Add oil to prevent it from burning too much.

Quickly add steaks, season them with salt and pepper and cook 1 or two minutes on each side.

Turn it over, cook it 2 or 3 more minutes and add the wine (you can add extra garlic and rosemary now to the skillet)

It will steam furiously.

Cook the steak 2 or 3 additional minutes for medium rare, remove steaks and let it rest for 5 minutes.

Meanwhile, cook the wine until reduced and a kind of sauce is formed. Slice the steaks and serve them with the sauce.

EXETER FARMERS MARKET - 05.14.25