



Hinds & Haunches

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Rump Steaks with Apple and Prunes

Serves 4

For lovers of 'sweet and sour' flavours, this is an unusual recipe which is also very successful on the barbecue.

4 rump steaks

12 large pitted prunes

150ml / ¼ pint thick apple puree

1 tablespoon wine vinegar

Pinch of grated nutmeg

Pre-heat oven to 190°C / 375°F / Gas Mark 5.

1. Lay each steak on a square of oiled foil. Spread with apple puree, top each steak with four prunes and season with a little grated nutmeg and the wine vinegar.
2. Cook for 20 minutes.

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