



Hinds & Haunches

Tel: 01730 817095

Rump Steaks with Apricots and Prunes

Serves 4

4 rump steaks

12 stoned prunes

12 dried apricots, soaked overnight

275ml / ½ pint chicken or game stock

1 tablespoon red wine vinegar

pinch of cinnamon

25g / 1oz butter

25g / 1oz flour

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

1. Gently fry the steaks in the butter and transfer to a casserole
 2. Stir the flour into the remaining butter, add the wine vinegar, cinnamon and stock and simmer for 5 minutes until thick
 3. Pour this sauce over the steaks, add the dried fruit and season to taste.
 4. Cook for 1 hour in a moderate oven
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