



Benderloch beef stroganoff

Serves 1

Preparation time less than 30 mins

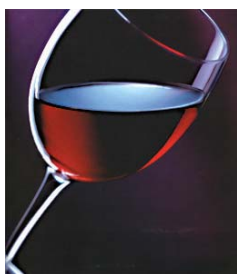
Cooking time less than 10 mins

Ingredients

100g/3½oz local rump steak, cut into medallions
 knob of butter
 2 cloves garlic, crushed
 100ml/3½fl oz white wine
 100ml/3½fl oz double cream
 pinch of paprika
 squeeze of lemon juice
 salt and freshly ground black pepper
 handful of chopped parsley

Method

Place each beef medallion between two sheets of cling film and beat out using a meat mallet or rolling pin. Melt the butter in a pan and fry the beef medallions for 3-4 minutes, seasoning to taste. Deglaze the pan with the white wine and add the cream. Reduce the liquid by half. Season with paprika, lemon juice, salt and pepper. Sprinkle with chopped parsley and serve immediately.



Chateau Martin Graves

Ripe, fleshy, inviting claret with a firm edge. This wine, with its mature colour, soft aromas and sweet generous fruit and long aftertaste is ready to drink now or can keep for up to three years. A really food-friendly wine.



Connel Cocoa Ice Cream

Serves 18

Ingredients

1 (14 ounce) can sweetened condensed milk
 1/3 cup Cocoa Powder
 2 cups heavy cream
 1 cup light cream
 1 tablespoon vanilla extract



Method

In medium saucepan, stir together sweetened condensed milk and cocoa. Cook over low heat, stirring constantly, until mixture is smooth and slightly thickened, about 10 minutes. Remove from heat; cool slightly.

Gradually add whipping cream, light cream and vanilla, beating with whisk until well blended; refrigerate until cold.

Place in ice cream freezer container. Freeze according to manufacturer's instructions.

If you have a recipe that you want to share, sent to *Lorn Larder*, Lorn Life, PO Box 1, Oban PA34 4HB or email to: lornlife@obantimes.co.uk