

## Beef Recipes - Galician Beef Sirloin

Today we are going to look at a very traditional dish from the North Western corner of Spain, Galician Beef Sirloin.

Most authorities tend to take the view point that as life in Galicia is heavily influenced by the sea that the only recipes worth taking note about are the seafood dishes so this recipe is at least part of the argument that proves that to be just yet another travel myth.

There are 17 different autonomous regions that come together to form modern-day Spain and the majority of these regions have their own cultures that is the majority of them have their own linguistic variations and in some cases different languages and they certainly have their own individual cuisines.

One such extremely distinctive autonomous region is Galicia which is Spain's most north-western province. Spain's most westerly autonomous region it is surrounded on two sides by the Atlantic Ocean and as you can imagine for a region that has so much rugged coastline a lot of Galician cuisine is very much based on seafood and seafood based recipes.

That having said not all of Galician cuisine is all seafood based and the region can lay claim to some quite gorgeous recipes and provincial dishes and are all well worth trying out.

Lets stop talking about the food and get down to business. Let's eat!

As you said above the common conception about the food will cuisine from Galicia is that all of the best recipes are seafood based. Well here we have one gorgeous recipe that actually proves this argument to be totally false.

The recipe concerned is for Galician beef sirloin.

We're going to give the amount of ingredients and details as if you were making a meal for four and as such you will need the following ingredients:

4 medallions of sirloin  
350 g of shallots  
½ Litre of red wine  
Olive oil  
2 spoons chopped parsley  
Pepper  
Salt  
300 g of seasonal wild mushrooms  
Assorted Herbs (Chives, Oregano, Tarragon)

Take some olive oil and heat it in a frying pan. Take the shallots and peel and chop them and then sauté the shallots in the hot oil for a few minutes. Add some red wine to the shallots and bring the entire mixture to the boil; when this has happened lower the heat and continue cooking until the wine has reduced by half and the shallots are nice and tender.

At this point take a wild mushrooms and chop them and then sauté them in the oil and then season.

Next, take the medallions of sirloin and with the remaining oil that you have put them in a frying pan over a strong heat for three minutes on each side until the medallions are nicely browned on each side. Then season them when they are cooked and serve the meat with the mushrooms. A nice touch is to put the aromatic herbs on top and serve the wine sauce separately.

This is best served with any sort of potatoes though I guess the majority people would probably serve it with crispy French fried potatoes. The overall cooking in preparation process shouldn't take more than about 30 to 45 minutes and this makes an ideal delicious meal.

## About the Author

Stephen Morgan writes about a great many Internet Travel based issues and more on the above can be found at [Hoteles Galicia](#) and [Turismo Rural Galicia](#) For a more complete overlook at Tourism in Galicia try <http://www.turgalicia.es>

