**Bear Steak Diane**

**Prep: 10 min. – Cook: 10 minutes – 4 servings**

**INGREDIENTS:**

4 x small bear steaks, approx 7 oz.

3 shallots, peeled

4 ounces cremini mushrooms, cleaned

1 tablespoon salted butter

1 garlic clove, peeled

1 -2 tablespoons Worcestershire sauce, to taste

1 tablespoon Dijon mustard

1/3 cup beef broth

1 cup heavy cream

Small handful of flat-leaf parsley

**DIRECTIONS:**

Using a rolling pin, roll out the steaks to flatten and cut off any excess fat. Season the steaks on both sides with salt and pepper.

Heat a little olive oil in a skillet pan large enough to accommodate the 4 steaks in one layer. Quickly sauté the steaks for up to a minute on each side then remove from the pan and set aside to rest.

To make the sauce for the steaks, heat some olive oil in a separate pan. Slice the shallots and add to the pan, allow to soften briefly before slicing and adding the mushrooms with a tablespoon of butter.

Crush in the garlic using a garlic press. Add the worcestershire sauce, then the mustard, beef broth and heat through for a minute.

Add the cream and allow the sauce to thicken before turning down the heat. Introduce the steaks back into the pan and cook a little further depending on how well done you would like them.

Chop the parsley and add half to the pan. Serve.