
Perfect Grilled Sirloin with Double-Fried Chips (Low FODMAP)

Restaurant-quality sirloin steaks with golden, crispy double-fried chips – a classic British steakhouse dinner that's completely gut-friendly and IBS-safe.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 2

Low FODMAP ✓

Ingredients

(3 medium Maris Piper, Golden Wonder, or King Edward), peeled large starchy potatoes

for deep frying, plus 1 tablespoon extra for brushing steaks vegetable oil or light olive oil

at room temperature, about 2.5cm thick sirloin steaks

(2 medium), halved - 75g per serving maximum tomatoes

sea salt

freshly ground black pepper

for serving (Maille or Grey Poupon brands verified safe) Dijon mustard

Instructions

Step 1: Prepare the chips

(10 min)

Cut the peeled potatoes into thick chips, approximately 1cm wide by 7cm long. The crucial thing is ensuring all chips are roughly the same size so they cook evenly. Rinse the cut chips thoroughly under cold running water to remove excess surface starch, then pat them completely dry with clean kitchen towels. Any moisture will cause dangerous splattering when they hit the hot oil.

Step 2: First fry at lower temperature

(10 min)

Fill a deep-fat fryer or large, heavy-bottomed saucepan two-thirds full with vegetable oil. Heat the oil to 140-160°C (285-320°F), checking with a thermometer if not using a fryer. Carefully lower the chips into the hot oil using a slotted spoon and cook for 8 minutes until tender but not colored. They should be cooked through but still pale. Remove with a slotted spoon and drain on kitchen paper. This first fry can be done ahead of time.

Step 3: Second fry for golden crispness

(5 min)

Increase the oil temperature to 160-180°C (320-355°F). Once the oil reaches temperature, carefully add the par-cooked chips back into the oil. Fry for 2-3 minutes until they turn deep golden brown and develop a crispy exterior. Remove immediately with a slotted spoon, drain on fresh kitchen paper, and season generously with sea salt while still hot.

Step 4: Grill the steaks

(5 min)

While the chips are having their second fry, heat a ridged grill pan over high heat until smoking hot. Brush both sides of the room-temperature steaks lightly with vegetable oil and season generously with salt and freshly ground black pepper. Place the steaks on the hot grill pan and cook without moving for 2-3 minutes. Rotate the steaks 90 degrees to create attractive diamond grill marks, then cook for another 2 minutes.

Step 5: Finish cooking and rest

(8 min)

Flip the steaks over and repeat the process on the second side, rotating for grill marks. For rare steaks, cook 1 minute per side after the initial sear. For medium-rare, cook 2-3 minutes per side. For medium, cook 3-4 minutes per side, and for well-done, cook 4-5 minutes per side. Exact timing depends on steak thickness. Remove steaks from the pan and let them rest on a warm plate for 5 minutes before serving – this allows the juices to redistribute throughout the meat.

Step 6: Grill tomatoes and serve

(5 min)

While the steaks rest, place halved tomatoes cut-side down on the same grill pan and cook for 2-3 minutes until charred and softened. Serve the rested steaks alongside the crispy chips and grilled tomatoes, with Dijon mustard on the side for dipping. The combination of tender, juicy steak, crispy chips, and sweet grilled tomatoes creates a perfectly balanced steakhouse experience.