



FILLET STEAK

WITH MUSHROOM SAUCE

Prep Time: Overnight

Cooking Time: 15 minutes

Difficulty Rating: ●●○○○

Ingredients:

1.5 kg fillet cut into medallions (4cm thick)

2 x cloves fresh Garlic

1 x small bunch fresh Thyme

1 x fresh Lemon

Olive Oil

Mushroom Sauce

400g Mushrooms of your choice - thick diced

100ml fresh Cream

50g Butter

30ml Brandy

50ml Olive oil

Salt and Pepper to taste

Together, made better, with you:

Method

1. In a wide, shallow dish, blend olive oil, freshly crushed garlic, ground black pepper, fresh thyme leaves and the juice of half a lemon.
2. Blend until the lemon and oil emulsify.
3. Place the fillet medallions in this mixture and refrigerate overnight.

(The next day)

Fillets:

1. Pre-heat your grill to searing hot.
2. Place the medallions on the preheated grill, season only with black pepper and coarse salt.

Grilling guide:

For Rare: 8 – 10 minutes

For Medium Rare: 10 – 12 minutes

Remove from heat and allow to rest for 2 minutes.

Mushroom Sauce:

Place a thick bottomed pan on the side burner over a medium flame.

1. Melt the butter, and add 2 bruised garlic cloves and a table spoon of fresh thyme.
2. Add the diced mushrooms and cook.
3. Remove the garlic cloves.
4. Turn up the heat and add the brandy.
5. Tilt the pan to the flame so that the brandy catches alight.
6. Once the alcohol has burnt off, and the flames have gone out, add the cream.
7. Season with salt and pepper.

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TOGETHER, MADE BETTER