

Prep time: 10 minutes
Cook time: 60 minutes
Serves 4-6 people

INGREDIENTS:

6 fillet medallions
2 teaspoons of olive oil
3 tablespoons of crushed black pepper

FOR MUSHROOM SAUCE

2 teaspoons of butter
1 teaspoon of olive oil
250 g mushrooms
2 garlic cloves, minced
2 tablespoons of brandy
100 ml fresh cream
1 tablespoon of fresh thyme
Salt
Pepper
2 tablespoons of freshly grated parmesan
Fresh parsley, chopped

FOR SALAD

300 g baby spinach leaves
1 orange, thinly sliced
1 Granny Smith apple, thinly sliced
1 red onion, thinly sliced
1 cup of toasted cashews
150 g crumbled goat cheese
3 tablespoons of pomegranates

FOR RED WINE VINAIGRETTE

80 ml of olive oil
70 ml of red wine vinegar
1 tablespoon of Dijon mustard
1 tablespoon of honey
Light squeeze of lemon juice

PIETER KOEN'S PEPPER FILLET STEAK

Suitable for when you want your fillets to be a little fancy!

In the premiere episode of our Cooking with Friends of Megamaster series, singing sensation Pieter Koen treated us to his tasty pepper steak recipe, a mushroom sauce recipe and a colourful "fruit" salad drizzled with a red wine vinaigrette.

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INSTRUCTIONS - FOR THE SALSA:

1. Fire up your **Megamaster gas braai** with only one of the far left or right burners on low.
2. Lightly rub the fillets with olive oil and roll the sides in the crushed peppercorns.
3. Place the fillets on the braai on the opposite side of the lit burner, away from direct heat.
4. Season the steaks.
5. Close the lid and let it cook at a low temperature of 110-120°C.
6. For rare to medium-rare results, cook steaks until the thermometer reads 50°C (Internal temperature).
7. Remove steaks and preheat the ceramic searing side burner.
8. Brush the steaks with a bit of olive oil on the flat surface of the the meat.
9. Cook them on the searing side burner for 2-3 minutes per side or until a nice crust forms.
10. Remove the steaks and let them rest for 2 minutes.

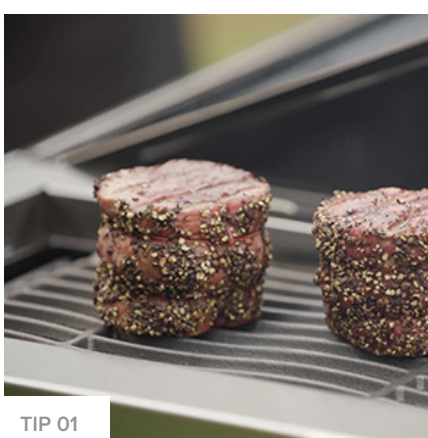
MUSHROOM SAUCE

1. Melt the butter in your **Megamaster 260 Enamel Pan** and add olive oil, mushrooms, and garlic. Cook until soft and slightly browned.
2. Add a splash of brandy, using a Braai Lighter (with a safety lock) to ignite the alcohol.
3. Add the fresh cream and thyme and season with salt and pepper.
4. Bring the sauce to a light boil, reduce heat and let it simmer until slightly reduced and thickened.
5. Add the freshly grated parmesan and chopped parsley just before serving.

SALAD & RED WINE VINAIGRETTE

1. Combine all the ingredients of the salad in a bowl.
2. Combine all the ingredients of the vinaigrette and shake/stir well.
3. Drizzle the vinaigrette over the salad just before serving.

MEGAMASTER RECIPE TIPS



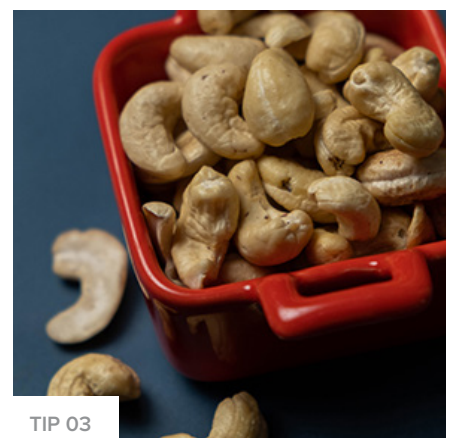
TIP 01

A few minutes on a ceramic searing side burner sears steaks to juicy perfection.



TIP 02

Flambéing the mushroom sauce quickly burns off the brandy but adds additional aroma and flavour.



TIP 03

For perfectly toasted cashew nuts, coat them with a bit of oil and salt, and roast them in the oven at 180°C for approximately seven minutes or until lightly browned.