

FILLET STEAK WITH MUSHROOM SAUCE

Suitable for all the meat lovers!

What's more of a treat than a juicy fillet steak? A fillet steak with homemade brandy and mushroom sauce! Try our fail-safe grilled fillet steak and mushroom sauce recipe and serve up a meal to be remembered!



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Prep time: Overnight
Cook time: 15 minutes
Serves 6 people

INGREDIENTS

2 whole chickens
100 ml olive oil
1 onion, chopped
6 garlic cloves, crushed
6 lemons, juiced
2 teaspoons of smoked paprika
Fresh red and green chillies, to taste
8 bay leaves
Salt and pepper, to taste

INSTRUCTIONS: FILLET STEAK

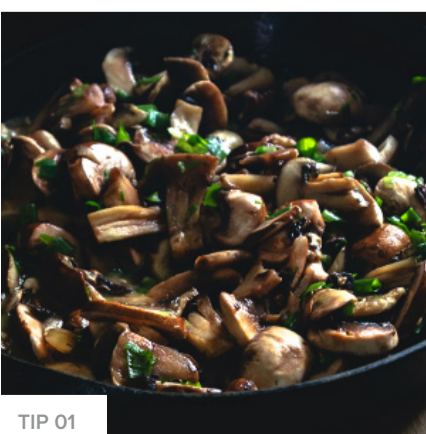
1. In a wide, shallow dish, mix the olive oil, freshly crushed garlic, ground black pepper, fresh thyme leaves, and the juice of half a lemon.
2. Blend until the lemon and the oil emulsify.
3. Place the fillet medallions in this mixture and refrigerate overnight.
4. Preheat your gas braai to searing hot.
5. Place the medallions on the preheated braai, and season only with black pepper and coarse salt.
6. **Grilling guide:**
For Rare: 8 - 10 minutes
For Medium Rare: 10 - 12 minutes
7. Remove from the heat and allow to rest for 2 minutes.

MUSHROOM SAUCE

1. In your cast iron pan on medium heat, melt the butter and add the 2 bruised garlic cloves and a tablespoon 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.

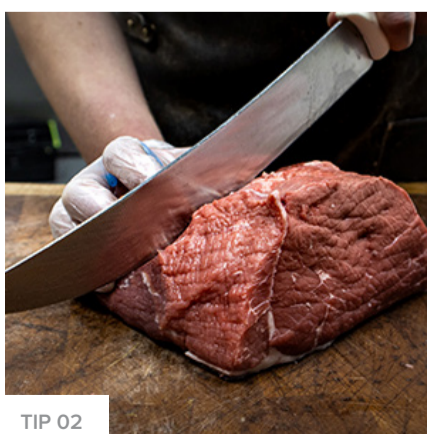


MEGAMASTER RECIPE TIPS



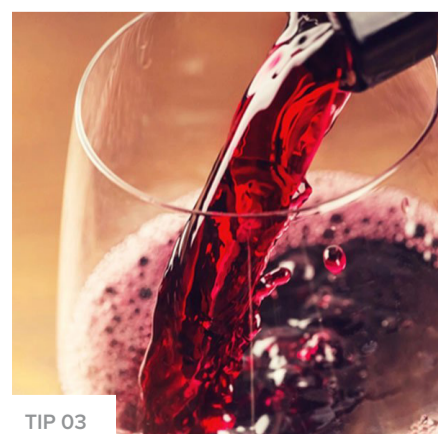
TIP 01

Be careful not to overcook your mushrooms. They should be firm but cooked.



TIP 02

Don't buy pre-packed medallions. Instead ask your butcher for a full fillet and have him cut it.



TIP 03

Fillet is always best complemented with a good bottle of red wine.