

Serves 2

Beef fillet,

with baby veg,
tarragon mustard,
truffle mascarpone
and beef snow.



By **MacLean Fraser**
Beef + Lamb Ambassador Chef

Serves 2

Ingredients

Beef Fillet

300g ANZCO Foods eye fillet

2 cloves garlic
Thyme
Rosemary
Tarragon mustard

Vegetable Garnish

1 Pearla baby potato
2 baby beetroot
2 snow peas
2 baby carrots
1 courgette sliced
Butter (to sauté)

Caramelised Onions

2 onions
1Tbsp butter
1Tbsp balsamic vinegar
1Tbsp brown sugar

Truffle Mascarpone

1tsp truffle salsa
4Tbsp mascarpone

Beef Snow (optional)

100g rendered beef fat
50g maltodextrin
2 cloves garlic
6 black peppercorns
1 sprig thyme
1 sprig rosemary
Flaky sea salt

Jus

Beef trim
2 cloves garlic
1 sprig thyme
1 sprig rosemary
125ml port
250ml beef glaze

Optional decoration

Watercress
Nasturtium leaves

Method

1 Preparation of the ANZCO Foods beef fillet

Trim up any meat or fat as desired and cut off a 300g piece. Keep any beef trimmed off the eye fillet to one side for later use in the jus. Truss the fillet with a butchers' string and set aside in the fridge.

When you are ready to cook the beef, bring your beef fillet out of the fridge to bring to room temperature. Brush with oil or beef fat and season with salt and pepper. In a pan, sear all sides of beef on a medium to high heat. Add the garlic, thyme and rosemary and baste the beef with the butter. Transfer to the oven and cook until the beef is medium rare or the internal temperature has reached 55°C. Keep the roast garlic and discard the herbs.

Rest the beef on a wire rack covered with foil for 5-10 minutes so that the internal temperatures can equalise, and the juices can set.

2 Vegetable Garnish

Place the unpeeled potato in a pot of cold salted water and bring to the simmer. Cook until tender, then place potato in the fridge to cool. Once cooled, cut the potato into 1-2cm slices and set aside. Boil the beetroot and carrots in salted water until tender. While the vegetables are hot, rub off the skins, then set aside. Using either a mandolin, a potato peeler or a sharp knife, thinly slice the courgette. Set aside.

3 Preparation of the vegetables

When you are ready to serve, sauté the potato, beetroot and carrots in a pan with a little butter along with the courgette slices. Remove the courgette slices and roll them up. Cook the snow peas in salted boiling water, then finish in the pan with the other vegetables and butter then season.

4 Caramelised Onions

Peel the onions, then remove the core and thinly slice. Combine onions with butter, balsamic vinegar and brown sugar. Cook in a pot over a low heat for approximately one hour or until the onions have softened.

5 Truffle Mascarpone

In a small bowl, carefully fold the truffle salsa into the mascarpone. Do not whip or vigorously mix, as this will split the mascarpone. Adjust the amount of truffle to taste.

6 Beef Snow

Heat the rendered beef fat with the garlic, peppercorns and herbs in a small pot. Set aside to infuse for at least 20 minutes. Once the beef fat has cooled to room temperature but is still a liquid, whisk in the maltodextrin so that it forms a powder. You can adjust the texture by adding less or more maltodextrin to suit. Season with flaky sea salt and store in an airtight container until ready to use.

7 Jus

Roast the reserved eye fillet beef trim in a hot oven until browned. Place it in a pot with garlic, herbs and port and reduce by $\frac{3}{4}$. Add the beef glaze and reduce until it coats the back of a spoon. Pass jus through a fine sieve and keep warm until ready to use.

Plate and enjoy.



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