



The Hungry Guest

DEXTER BEEF FILLET, NICOLA POTATO ROSTI, ROASTED VEGETABLES, SAUCE BORDELAISE

SERVINGS: 2

PREPPING TIME: LESS THAN 30 MIN

COOKING TIME: 30 MINS

INGREDIENTS

Dexter Beef fillet (from
Graffham):

2 x 150g Beef fillets

Oil

Butter

Thyme

Salt and pepper

Sauce Bordelaise:

2 shallots, finely diced

1 sprig of thyme

200ml red wine, preferably

Bordeaux

250ml beef stock

Vegetable oil

Salt and pepper

Potato Rosti:

2-3 Mereworth Nicola potatoes, pre-baked in
the skin

Salt and pepper

Butter for frying

Roasted Leek, Carrot, Parsnip, and Savoy
Cabbage:

1 Mereworth leek, just the white, cut in half
and washed to remove any dirt, then dried.

1 small Mereworth savoy cabbage, stems
removed and cut into ribbons.

2 small Mereworth carrots

2 small Mereworth parsnips

Oil

Salt and pepper

DIRECTIONS

For the beef:

1. Take out your beef fillet 20 minutes before you are ready to cook it and preheat a fan oven to 180 degrees C.
2. Just before cooking season the beef with salt and pepper.
3. In a hot pan add the oil and carefully place the beef fillets in.
4. Caramelize the beef fillet on all sides.
5. Put into the preheated oven for 10 minutes for a medium finish.
6. Allow the beef to rest for at least 10 minutes.
7. Heat back through the oven for 2-3 minutes before serving.

For the potato rosti:

1. Grate the baked potato into a bowl and season with salt and pepper. Mix well and shape into disks approximately 10cm wide.
2. In a frying pan melt the butter and add the potato disks.
3. Keep on an even heat for approximately 5 minutes. When golden brown, turn and repeat.

For the roasted leek, carrot, parsnip, and savoy cabbage:

1. In a medium pan add the oil and then leek, face down. Cook until nicely golden and caramelised.
2. Put the leek in the oven at 180 degrees C for 10 minutes.
3. Peel and roast the carrots and parsnips in a pan. Transfer to the oven for 10 minutes, until tender.
4. Saute the savoy cabbage in a small amount of oil and butter. Season.

For the Sauce Bordelaise:

1. Slowly fry the shallots in a small amount of vegetable oil until soft.
2. Add the thyme and then the red wine. Increase the heat and reduce by two thirds.
3. Add the beef stock and bring to the boil. Reduce the heat and simmer till reduced by half and the sauce has thickened.
4. Add salt and pepper as required