

# **Beef Fillet with Truffle Pomme Pureé, Wild Mushroom, Courgette, Peas, Roasted Baby Carrot & Jus**

## **Apparatus**

- Pan
- Oven tray
- Small saucepan
- Pot
- Sieve
- Spatula
- Blender
- Spoons for plating
- Bread board

## **Ingredients (Meat)**

- 300g beef fillet medallion
- 2 baby carrots
- 2 tsp honey
- 1x courgette
- 50g (a handful) of wild/exotic mushroom. (Shitake, shimeiji, chestnut, oyster, porcine, chanterelle etc.)
- 50g bacon
- 30g peas
- 1 shallot
- 1 teaspoon of truffle oil
- 1 large potato
- 250g salted butter
- 100g butter
- Handful of thyme sprigs
- 2 cloves of garlic
- Jus: Beef bones, carrot, onion, bay leaves, celery, herbs, star anise, red wine, water
- Salt and pepper to season
- Olive oil

## Mise Én Place (Meat)

- Boil your potato in salty water until soft. A knife should be able to easily run through it right to the centre.
- To get your stock going, roast your bones and the rest of the jus ingredients on your stovetop or in the oven until the bones are brown. Transfer to a pot (if they were roasted in the oven), add enough water to cover the mixture and let it reduce on high heat. Your jus is ready when the liquid has slightly thickened and has the consistency of gravy.
- Roast your carrot in the oven on 180 degrees C for 20 minutes. They should be slightly soft and rubbery.
- Melt a knob of butter in a pan and add the honey and the carrot. Fry on low heat until the carrots have gotten a “charred” colour. Do not let the honey burn.
- In a small saucepan, bring salty water to the boil. This will be for the peas.
- In a pan, add olive oil and fry your mushroom with thyme on medium heat. When they start to brown, add a knob of butter and season.
- Blanch your peas for 30 seconds in the salty water and then set aside.
- In the same pan that the mushroom was fried in, fry your bacon with olive oil or butter until crispy. Set aside to cool and dice into pea sized cubes. Combine with the peas.
- Half your shallot or onion lengthwise and place in the pan (flat side down) until charred.
- To make the parsley oil, blanch a handful of parsley in boiling water to release the flavour. Place it in a blender cup with a pinch of salt and 1/4 cup of olive oil. Blitz until smooth. Use a sieve to remove any small bits if necessary.
- To make the potato purée, remove the skin of the potato, cube and pass through a sieve. Add 1 tablespoon of butter, your truffle oil, milk and season with salt. Your mixture should be smooth, soft and slightly fluffy. Place in a squeeze bottle or piping bag.
- And now for the fillet. Season with salt and pepper and place in a very hot pan. A thin medallion (about 3cm in thickness) should fry for about 1,5 minutes in each side to achieve medium rare. Thicker cuts will require longer cooking time. When your steak has almost completed cooking, add garlic, butter and thyme/rosemary. Base the steak to give it more flavour. When cooked, set aside to rest.
- Peel lengthwise slices of your courgette to make ribbons and season lightly.
- Before plating, warm all the elements in a pan. (Except for the parsley oil, steak fillet and courgette ribbons).

## Ingredients (Vegetarian)

- ½ aubergine, sliced in half lengthways
- 1 teaspoon of cumin powder or seeds
- Handful of thyme sprigs
- 2 cloves of garlic
- 2 baby carrots
- 2 tsp honey
- 1x courgette
- 50g (a handful) of wild/exotic mushroom. (Shitake, shimeiji, chestnut, oyster, porcine, chanterelle etc.)
- 20g walnuts, chopped
- 30g peas
- 1 shallot
- 1 teaspoon of truffle oil
- 1 large potato
- 250g salted butter
- 100g butter
- Jus: Corn starch, carrot, onion, bay leaves, celery, herbs, star anise, water, ½ cup wine, 1 teaspoon of tomato paste.
- Salt and pepper to season
- Olive oil

## Mise Én Place (Vegetarian)

- Boil your potato in salty water until soft. A knife should be able to easily run through it right to the centre.
- To get your stock going, roast your vegetables on your stovetop or in the oven until browned. Transfer to a pot (if they were roasted in the oven), add wine and enough water to cover the mixture and let it reduce on high heat. Add the teaspoon of corn-starch and stir. Your jus is ready when the liquid has slightly reduced and thickened and has the consistency of gravy.
- Roast your carrot in the oven on 180 degrees C for 20 minutes. They should be slightly soft and rubbery.
- Season your aubergine quarters with salt, pepper, cumin and olive oil. Place on an oven tray with garlic and thyme (flat side down) and roast until soft and charred.
- Melt a knob of butter in a pan and add the honey and the carrot. Fry on low heat until the carrots have gotten a “charred” colour. Do not let the honey burn.
- In a small saucepan, bring salty water to the boil. This will be for the peas.
- In a pan, add olive oil and fry your mushroom with thyme on medium heat. When they start to brown, add a knob of butter and season.

- Blanch your peas for 30 seconds in the salty water and then set aside.
- In the same pan that the mushroom was fried in, toast your walnut until it starts to release a sweet and nutty smell. Set aside to cool and dice into pea sized cubes. Combine with the peas.
- Half your shallot or onion lengthwise and place in the pan (flat side down) until charred.
- To make the parsley oil, blanch a handful of parsley in boiling water to release the flavour. Place it in a blender cup with a pinch of salt and 1/4 cup of olive oil. Blitz until smooth. Use a sieve to remove any small bits if necessary.
- To make the potato purée, remove the skin of the potato, cube and pass through a sieve. Add 1 tablespoon of butter, your truffle oil, milk and season with salt. Your mixture should be smooth, soft and slightly fluffy. Place in a squeeze bottle or piping bag.
- Peel lengthwise slices of your courgette to make ribbons and season lightly.
- Before plating, warm all the elements in a pan. (Except for the parsley oil and courgette ribbons).