



Herb-roasted

BEEF FILLET WITH SALSA VERDE

INGREDIENTS

1kg whole beef fillet, sinews and fat removed

4 rosemary, sprigs whole

4 sage, sprigs whole

Large pinch salt and pepper

2 tbsp canola oil

Salsa verde

10g capers, rinsed and drained

2 fillets anchovy fillets, drained

1 clove of garlic

2 tsp Dijon mustard

1 lemon juice

100ml extra virgin olive oil

60g flat leaf parsley

30g mint

METHOD

Herb-roasted beef fillet

Bring the beef fillet to room temperature and season well. Rub with the canola oil.

Warm a pan to very hot and brown the beef fillet on all sides.

Place the fillet on a rack in a roasting tray. Bruise the herbs and place the sprigs on top of the fillet. Place the fillet in a preheated 230°C hot oven for 5 minutes then turn the heat down to 200°C and continue cooking for another 5 to 10 minutes.

Check the meat is done – it should be served medium and cooking times will depend on the thickness of the fillet.

Allow the meat to rest for at least 15 minutes and then carve and serve dressed with salsa verde.

Salsa verde

Finely chop the garlic, capers, herbs and anchovies in a blender.

Add the Dijon mustard and lemon juice, and then slowly add the olive oil and blend to a slightly chunky sauce with a bit of texture (not a fine puree).

Check seasoning and acidity.