

Rosemary, pepper & garlic crusted beef fillet on creamy fetta & dijon mash

Thomas Allen Wines
MEMBERS' TABLE RECIPE



Rosemary, pepper & garlic crusted beef fillet

Ingredients

1 whole beef fillet, preferably grass-fed Black Angus, approx. 2kg
1 cup mixed chopped fresh herbs – rosemary, thyme, chives and parsley
1 tbsp Dijon mustard
1 large clove of garlic, finely crushed

3 tbsp extra virgin olive oil
Freshly ground black pepper
Sea salt
Butcher's twine, cut into 30cm lengths
8 Roma tomatoes
Balsamic syrup

Method

Begin this preparation the day prior to give maximum flavour from the marinade. To prepare your beef, place the fillet on a large board and carefully remove all the excess fat and long strands of sinew from the outside with a very sharp filleting knife. Fold the thinner end under the body of the fillet so that end ends up being the same thickness as the centre of the fillet. At the other end, trim some excess off the sides and neaten the end, so it's all the same thickness.

Starting at one end and working down to the other, tie a butchers twine string firmly every 2 to 3 cm and secure with a reef knot. These strings will keep the shape of the fillet constant through the cooking process.

Combine fresh herbs, garlic, Dijon, 2½ tbsp olive oil and lots of black pepper and smear liberally over the fillet then cover and refrigerate until required.

Halve Romas lengthways and place cut side up on a tray. Season the tomato halves with salt and pepper and drizzle with remaining olive oil and balsamic syrup.

Roast the tomatoes for approx. 20 mins or until they are just starting to soften. They can be easily be reheated for a couple of mins when the beef is ready to plate.

Preheat a BBQ grill plate to very hot and preheat an oven to 175°C.

Scatter sea salt over the fillet on all sides, then char each side of the fillet so it is well marked. Transfer to a baking tray and the oven for approx. 15 to 20 mins, or desired doneness. Remove to a warm place, cover with foil and allow fillet to rest for 10 mins.

Slice thickly onto warm plates with creamy Dijon mash and garnish with warm tomato halves and a generous drizzle of extra virgin olive oil.

Fetta & dijon mash

Ingredients

1kg potatoes, peeled and cubed
100g marinated fetta
2 tsp Dijon mustard

2 tbsp crème fraiche
1 bunch chives, sliced finely
Sea salt and freshly ground black pepper

Method

Boil potatoes in lightly salted water until just soft, drain and replace the pan over a low heat. Crush well with a fork or masher and add in fetta, mustard and crème fraiche while continuing to mash. Season to taste and fold through the chives.

This recipe will serve 8 people generously for a main meal.



*Perfectly matched with
'The Doctor' Cabernet
Sauvignon*

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