

GARLIC BEEF FILET WITH RED WINE JUS, LEMON THYME MUSHROOMS & GARLIC BRUSSEL SPROUTS

by Trish Stanley of Willyama

2018 Runner-up : Main Course

Ingredients (serves 4-6)

1 kg Beef Eye Filet
50 g Butter
1 Clove Garlic
1 Beef Oxo cube
1 cup good Red Wine

15 Brussels sprouts, halved
lengthwise
1 ½ tbsp butter
1 ½ tbsp olive oil
3 cloves garlic, smashed with
the flat of a knife
freshly grated parmesan cheese
(optional)
salt and pepper

4-6 large flat mushrooms
½ bunch lemon thyme leaves,
picked & finely chopped
1 clove garlic, crushed
150 ml olive oil



Method

Crush garlic into melted butter. Pour over filet. Cook in hot (220° C) oven for 10 mins. Turn down heat to moderate (180° C) & cook further 20 mins per kg for rare, 40 mins per kg for medium. If your oven won't stretch to 'hot', wrap filet in foil for first 10 minutes.

To prepare jus, mix oxo cube with a little water. Add wine. Bring to the boil and continue cooking till reduced to a sauce consistency.

Melt butter and olive oil in a medium skillet (over medium-high heat) until butter is foamy. Reduce heat to medium, add smashed garlic and cook until lightly browned. Remove garlic and discard.

Add sprouts cut side down. cover. and cook without stirring on medium-low heat 10-15 minutes or until tender when pierced with a knife.

Top with freshly grated parmesan and salt & pepper to taste.

Combine lemon thyme, garlic & oil. In a non-stick pan, heat half the lemon thyme oil and add mushrooms stem side down. Cook for 3.4 minutes, turn, brush mushroom insides with remaining lemon thyme oil and cook till tender.