

Deborah Hoffman and Luisa Feiteira – TEAM 4

Fillet of Beef on crisps Poelnta with confit tomatoes, marrows and a creamy mushroom sauce and Parmesan crisps.



Special requirements: Silplat Mat

INGREDIENTS:

Ingredient	Amount	Unit	Remark
Salt	30	ml	
Bay Leaf	1		
Thyme	15	g	
Fresh cream	125	ml	
Chives	20	g	
Parmesan	125	ml	
Garlic	30	g	
Onion	200	g	
Lemon	150	g	
Parsley	20	g	
Polenta	125	g	
Milk	300	ml	
Sugar	2.5	ml	
Olive Oil	350	ml	
Rosa or baby tomatoes	200	g	
Assorted Marrows	200	g	
Assorted Mushrooms	250	g	
Beef fillet	400	g	
Butter	75	g	
Black peppercorns	10	ml	

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METHOD

Polenta: Preheat the oven to 180 degrees. Bring 300ml milk, 300ml water, 1T olive oil, 2t salt and 1 bay leaf to the boil in a small pot. Slowly tickle in the polenta, stirring constantly in one direction to avoid making lumps. Cook for about 15 minutes, over low heat, stirring frequently. Remove from heat add 10g finely chopped parsley and check seasoning. Adjust if necessary. Butter an oven proof dish and pour polenta to about 1.5cm thick and smooth the surface. Allow to cool and cut into squares.

Heat a grill pan and grill the squares to make beautiful marks. Serve hot.

Parmesan Crisps:

Preheat oven to 150 degrees. Sprinkle half a cup grated Parmesan in four equal circles onto a Silplat lined baking sheet, bake until browned and crisp about 5 minutes. Remove from pan and pinch base to make fan shape while still hot. Place on cooling rack to cool.

Confit Tomatoes with Assorted Marrows:

Wash and trim 200g baby or Rosa tomatoes. Place in a small pot and cover with olive oil. Add 2 cloves garlic (whole), 1t salt, 1t whole black peppercorns, ½ t sugar and 10 sprigs thyme. Heat as low as possible to a bare simmer for about 15 minutes on an electric hob or until tomatoes are soft and almost ready to burst.

While the tomatoes are cooking, wash and trim 200g assorted marrows. Cut marrows into equal portions about 1.5cm cubed. Steam the marrow over water to which 2.5ml salt has been added for about 8 minutes or until tender but not soft. When tomatoes are ready, remove them from the oil and herbs with a slotted spoon. Add to the cooked marrows. Check seasoning and add 1 or 2t of the confit oil and salt and freshly ground black pepper to taste.

Beef fillet with Creamy Mushroom Sauce:

Preheat oven to 180 degrees. Melt 1T butter in a heavy saucepan until it foams. Add 1 medium size finely chopped onion, cover and sweat over a low heat for 10 to 15 minutes until soft but not coloured. Set aside.

Clean 200g assorted mushrooms with a damp cloth, trim and slice. Crush 1 garlic clove, wash, dry and finely chop 1T each of flat leaf parsley and chives. Melt 1T butter in a saucepan and fry the mushrooms in batches to lightly brown. Season each batch with salt, pepper and a little squeeze of lemon juice. So long prepare the fillet. Trim fillet of any sinew and cut into 2 equal portions. Season lightly with salt and freshly ground pepper and brush with olive oil for frying. Heat up a skillet to hot and sear the fillets on all sides for 2 to 3 minutes until they browned all over for a good caramelisation. Place the fillet in an oven proof dish and place in preheated oven for 8-10 minutes or until they are cooked to medium rare. Once cooked, take out the oven, cover and allow to rest in a warm place for 8-10 minutes.

While the fillets are resting complete the mushroom sauce by adding the mushrooms to the onions in the saucepan and place over medium heat. Add 125ml fresh cream, 1T finely chopped parsley and 1T finely chopped chives and allow to bubble for a few minutes. Adjust seasoning if necessary.

To serve:

On a clean and warm plate, place the polenta square topped with fillet. Around the plate drizzle the confit tomatoes with marrow. Then top the fillet with cream mushroom sauce and dribble some extra sauce around the plate. Place 2 Parmesan crisps on top and garnish with additional chopped chives

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