

SLOW ROAST FILLET OF BEEF WITH PUMPKIN PICKLE AND MASH POTATO

Whole Fillet of Beef – Medium Rare
150ml Finished beef jus

Serves 6-8
Method

Preheat the oven to 60C/140F/Gas ¼.

Heat a frying pan until hot, then add approx. 1 tbsp of corn oil. Take the beef and sear until it is browned on all sides (approx. two minutes in total).

Remove the beef from the pan and allow to cool.

Wrap the fillet tightly in cling film and place on a roasting tray in the oven. Cook for 50-60 minutes. The fillet can be left in the oven for an 1 hour & 40 minutes (the fillet will not cook anymore).

For medium rare, the core temperature of the meat will be 57-59C (135-138F). Test the meat with a digital meat thermometer - if the 57-59C (135-138F) temperature has not been reached, increase the heat in the oven slightly and return the beef to the oven for a further 10 minutes, before checking once more.

Remove the beef from the oven & remove the clingfilm, heat a pan until hot. Fry the beef in the hot pan for no more than 30 seconds. You will find that there is no need to rest the meat as the proteins have not shrunk so that it requires resting.
Season & slice to serve.

For the pumpkin pickle

4 tbsp vegetable oil
1/2 tsp fenugreek seeds
2 green chillies, deseeded and chopped fine
1/2 tsp black onion seeds
2 tbsp chopped coriander
400g/1lb pumpkin flesh, peeled, cut into 1cm/1/2in cubes
1/2 tsp ground turmeric
4 tbsp sugar
2 tbsp mango chutney

For the pumpkin pickle, heat the oil in a frying pan over a high heat. Add the fenugreek seeds until they start to pop.

Add the pumpkin, sugar and stir-fry for 3-4 minutes, or until softened and golden-brown.

Add the diced chilli, onion seeds and turmeric and reduce the heat and cover with a lid and simmer for 8 minutes until cooked.

Remove the lid turn up the heat and stir in the chopped coriander and chutney, season and keep warm to one side.

MASH POTATO

900g (2lb) large Maris Piper potatoes, peeled and quartered

100g (4oz) unsalted butter

120ml (4 fl oz) double cream

salt & pepper

METHOD:

Boil the potatoes in salted water until cooked, approximately 20 – 25 minutes, depending on size.

Drain off all the water and replace the lid and shake the pan vigorously, which will start to break up the boiled potatoes. Add the butter and single cream, a little at time, while mashing the potatoes.

Season with salt, pepper and serve.