

Slow cooked fillet of beef

By Maggie Beer

24 hours

Preparation Time

3 hours

Cooking Time

8-10

Serves



INGREDIENTS

Beef

1.8kg beef fillet, sinew removed
Kitchen twine
1 tbs juniper berries, lightly crushed
4 x 20cm rosemary stems, leaves stripped, roughly chopped
4 tbs thyme, roughly chopped
2 tbs orange zest, julienned
1 tbs salt flakes
125ml extra virgin olive oil
8 fresh bay leaves
Additional extra olive oil and salt flakes for searing
60ml vino cotto

Vinaigrette

Reserved beef resting juices
60ml extra virgin olive oil
1 tbs vino cotto

Pangrattato

3-4 tbs extra virgin olive oil
100g sourdough trimmings
2 cloves of garlic, minced
¼ cup parsley leaves, finely chopped
Zest of 1 lemon
Salt flakes, to taste

METHOD

Beef

1. Place the beef onto a board and tuck the tail end under to form a compact shape. Truss the fillet, securing it with kitchen twine at 4cm intervals. This helps to cook the beef evenly.
2. Using a mortar and pestle, combine the juniper, rosemary, thyme, orange zest, salt flakes and grind to form a paste. Add in olive oil to loosen and pour into a Gourmet oven dish.
Add the beef then rub the marinade all over the fillet. Top with the bay leaves, slipping them in a row underneath the kitchen twine.
3. Cover beef with cling wrap and marinate in the Refrigerator overnight, turning occasionally.
4. Remove from the Refrigerator and allow the beef to come to room temperature; approximately 1 hour.
5. Pre-heat Oven on Conventional at 95°C.
6. Pat the beef dry with paper towel then transfer onto a Multi-purpose tray with the Grilling and roasting insert.
7. Place into the Oven on shelf position 2. Cook for 2.5-3 hours, turning half-way until the meat is slightly springy to touch. If using a food probe, the core temperature should be approximately 60°C.
8. Remove from the Oven and rub a small amount of salt flakes and olive oil all over the fillet. Heat a Gourmet oven dish on high heat, Induction setting 8-9. Add the beef fillet and sear evenly until brown on all sides.
9. Transfer the beef to a clean Baking dish, pour over vino cotto and leave to rest for 20-30 minutes.
10. Reserve pan juices to incorporate into vinaigrette. Pour juices into a jug, add olive oil and vino cotto and whisk to form the vinaigrette.

Pangrattato

1. Heat the olive oil in a frying pan on medium heat, Induction setting 6. Add the sourdough trimmings and toast on all sides, stirring regularly until deep golden and crisp.
2. Add the garlic and stir through, heating enough to cook the garlic but not to brown.
Remove from heat and cool to room temperature.
3. Transfer to a food processor and pulse to form a fine crumb. Stir through the remaining ingredients, cover and set aside until needed.

To serve

1. Slice the beef into medallions and arrange on a serving platter. Serve warm topped with pangrattato and vinaigrette.