

Beef fillet

By Miele

30 minutes

Prep time

8 minutes

Cooking time

4-6 Servings

Serves

INGREDIENTS

- 1 beef eye fillet , 450g -650g
- Oil
- Black pepper
- ¼ cup sour cream
- ¼ cup mayonnaise
- 3 teaspoons horseradish cream
- 2 teaspoons wholegrain mustard
- ¼ cup sun-dried tomatoes, chopped
- Salt and Pepper to taste
- 1 long crusty baguette, sliced
- Rocket leaves

METHOD

1. Truss beef fillet. Brush lightly with oil and pepper.
2. Sear beef quickly in a hot pan until browned on all sides.
3. Place in a greased solid steam container and cover with foil with the shiny reflective surface facing in.
4. Steam at 95°C for 8 minutes.
5. When finished, remove beef from steam oven. Rest for 5 to 10 minutes.
6. Combine sour cream, mayonnaise, horseradish, mustard, tomatoes and salt and pepper. Mix well.
7. To serve, spread mustard cream onto bread, top with slices of beef, and garnish with rocket leaves.