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Beef Scotch Fillet Steak with Red Wine jus

- * Serves: 6
- * Preparation time: 15 minutes
- * Cooking time: 15 minutes

Ingredients

6 scotch fillet steaks
2 punnets cherry tomatoes
1 tbsp olive oil
6 sprigs fresh thyme
2 cups beef stock
1 cup red wine
1 tbsp brown sugar
mashed potato, to serve



Method

1. Preheat the oven to 180°C. Toss the cherry tomatoes with the oil and thyme sprigs. Place on oven tray and roast for 15 minutes. While tomatoes are roasting, place stock, red wine and sugar in a saucepan. Bring to the boil over high heat. Boil rapidly (uncovered) for 10-15 minutes or until the liquid is reduced to 1 cup and is syrupy. Set it aside and reheat to hot when serving steaks.
2. Brush each steak lightly with oil. Season each with salt and pepper. Preheat the pan to moderately-hot. Cook steaks on one side until the first sign of moisture appears. Turn steaks once only. Test the steaks for degree of doneness with tongs. Rare is soft, medium feels springy and well done is very firm.
3. Remove steaks from heat, loosely cover with foil and rest steaks for 2-4 minutes before serving.
4. To serve, spoon mashed potato on warm serving plates. Place each steak on the bed of mashed potato. Top with the roasted tomatoes and thyme. Drizzle the hot jus around the beef and mashed potato, serve immediately.

Tips

Best beef cuts for pan-frying: fillet/tenderloin, rib eye/scotch fillet, sirloin/porterhouse/New York, T-bone, rump.

Heat the barbecue or the pan before you add the steak. The steak should sizzle as it makes contact with the heat.

Always rest steaks after cooking. Cover the steaks loosely with foil and rest for 2 to 4 minutes (time will depend on their thickness). It's a good idea to take the steaks from the heat just shy of the degree of doneness goal. The resting time then allows the steak to complete cooking itself and the juices to set.

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