

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.

LOIN OF LAMB WITH GREEN PEA AND MINT

RISOTTO

Ingredients:

4 x 200g/7oz loins of lamb fat removed
50g unsalted butter
200 g Arborio Rice
400ml Fresh chicken Stock
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50 ml White Wine
100 g Mascarpone
150 g Parmesan (grated)
150g Frozen peas
1 Shallot
1 Garlic Clove
1 oz Butter
5 g fresh mint (chopped)
1 punnet pea shoots
Seasoning

Peel and chop the shallot and garlic and sweat in a pan with the butter, but don't colour. Add the rice to the pan with the onions and seal for about 30 seconds over a low heat.

Add the white wine to the pan and cook for a further few seconds. Before adding the warm stocks little by little while stirring. Simmer for about 15 minutes remembering to keep adding the stock little at a time NOT all at once.

In a non-stick pan drizzle a little oil and place over a medium heat, season the lamb loins with salt and pepper, when the pan starts to smoke place the lamb in and allow to colour golden brown (3-4 minutes) turn over and repeat the process. Add the butter and turn the heat down slightly spoon the juices over the lamb and continue to cook for a further 4-5 minutes. Cook the lamb medium rare if you prefer well done cook for a further 7 minutes remove the pan from the heat and allow the lamb to rest for 5 minutes.

Once the rice is cooked, mix in the mascarpone, peas and 100g of the Parmesan and season well.

To serve put the risotto on to the centre of the plate and top with the remaining grated Parmesan and mint serve immediately.