

FILLET OF BEEF WITH POT HERBS AND POTATOES FRIED IN LARD



Type of dish :

Plat principal

Categories :

Epices et condiments

Fruits et légumes

Viandes et charcuteries

Ingredients

- ✓ 800 g fillet of beef cut into two long tied rolls
- ✓ 350 g new potatoes
- ✓ 50 cl veal stock
- ✓ a bouquet of basil, parsley and tarragon
- ✓ 1 sprig of thyme
- ✓ 15 juniper berries
- ✓ 1 teaspoon fennel seeds
- ✓ 1 lump of sugar
- ✓ 80 g lard (or clarified butter)
- ✓ salt, pepper

Preparation

Cover the beefsteaks with olive oil and sprinkle them with half the garlic, season and leave the meat to rest for at least 1 hour.

Sauce: Sauté the mushrooms in the butter and lemon juice for about 5 minutes until tender. Add the flour and stir for 1 minute. Pour in the beer and bring to the boil for 1 minute. Add the soy sauce, the rest of the garlic, correct the seasoning and keep hot. Melt 50 g of butter in a frying pan and seal the steaks on a high heat for 3 minutes on each side. Arrange the meat cut into pieces 2.5 cm wide on a hot serving dish. Decorate with the sauce and serve immediately.

