

ONE SHEET ROASTED BEEF WITH POTATOES, MUSHROOMS AND HAZELNUTS

EQUIPMENT

CHEF'S KNIFE, CHOPPING BOARD, SOLID BAKING TRAY, TONGS, SPATULA, MEDIUM FRYPAN, SMALL SAUCEPAN, SMALL MIXING BOWL

INGREDIENTS

1.5KG PIECE SCOTCH FILLET, 350GM KIPFLER OR WAXY POTATOES, 20 BUTTON MUSHROOMS, 100GM HAZELNUTS, 30GM DIJON MUSTARD, 6 SPRIGS THYME, GARLIC INFUSED EXTRA VIRGIN OLIVE OIL, SEA SALT, PEPPER, ½ BUNCH WATER CRESS

METHOD

TO BEGIN: PLACE A FRYPAN OVER MEDIUM HIGH HEAT. REMOVE ANY SINEW FROM THE BEEF AND SEASON WELL, PAN FRY THE BEEF ON ONE SIDE ONLY FOR 40 SECONDS.

PICK THE THYME LEAVES AND SET ASIDE. CUT THE POTATOES IN HALF AND PLACE INTO A BOWL WITH GARLIC INFUSED OIL AND SALT.

ONCE THE BEEF IS SEALED REMOVE FROM THE PAN AND PLACE ONTO A SOLID BAKING TRAY. COVER THE SURFACE OF THE BEEF WITH A GENEROUS SMEARING OF DIJON MUSTARD OVER THE SURFACE. SCATTER OVER THE POTATOES AND PLACE THE TRAY INTO A PRE-HEATED OVEN COMBI SETTING (50% STEAM) 190°C FOR 15 MINUTES.

REMOVE THE TRAY FROM THE OVEN AND SCATTER THE MUSHROOMS AND HAZELNUTS OVER THE TRAY AND RETURN TO THE OVEN FOR A FURTHER 10 MINUTES.

ONCE COOKED REMOVE THE TRAY FROM THE OVEN AND REST THE BEEF UNDER A SHEET OF BAKING PAPER AND A TEA TOWEL FOR AT LEAST 12 MINUTES.

ONCE RESTED REMOVE THE BEEF FROM THE TRAY AND TIP ANY JUICES FROM THE TRAY INTO A SMALL SAUCEPAN, PLACE THE SAUCEPAN OVER HIGH HEAT AND REDUCE BY HALF.

PLACE ALL THE VEGETABLES AND HAZELNUTS ON A LARGE SERVING PLATTER AND THE BEEF ON TOP, SCATTER FRESH WATERCRESS OVER THE ENTIRE DISH AND SERVE ALONG SIDE WITH THE REDUCED COOKING JUICES.

HINTS & TIPS

- ONE OF THE BEST WAYS TO REST ANY ROASTED MEAT IS UNDER A SHEET OF BAKING PAPER AND A TEA TOWEL. THIS ALLOWS THE STEAM TO ESCAPE BUT STILL KEEPS THE FOOD WARM. WHERE AS FOIL SEALS IN THE HEAT AND CONTINUES TO COOK YOUR ROAST AND WILL ALSO CREATE CONDENSATION FROM THE STEAM MAKING YOUR CRISPY SKIN SOGGY.