

FROM Paddock TO PLATE





ROCKET POACHED BEEF WITH CONFIT MUSHROOM, BABY CARROTS AND HOROPITO

Rocket Oil:

300g rocket lettuce
20g Horopito
20 flake salt
300g Pomace Oil

Blend to a fine green oil. Set aside

Beef:

Beef Fillet Portions x 150g each

Heat a pan with a little oil and brown the well-seasoned beef fillet. Place this into the cold rocket oil and a baking tray. The oil must cover the beef to be effective. Let this rest for 4 hours.

Serve:

Place the rocket oil beef in the oven for 12 – 15 minutes. longer may be needed to cook to your preferred amount. Rest for 5 minutes. Serve with confit mushrooms, baby carrots and roast potatoes. Add a nice jus.

Confit Mushrooms:

Choose nice big Portobello mushrooms and peel the outer skin from them. Remove the stem. Place on a baking sheet. Brush with rosemary infused olive oil and bake at 100C for 60min only.

Baby Carrots

Clean the baby carrots and then when required roast for 12 minutes at 200c to serve.

