



Fillet of beef and fondant potato, sautéed baby vegetables with a wild mushroom sauce

Fillet of beef is definitely an English favourite. Here we've come up with a variation on steak and chips and made a little bit more of the potatoes and vegetables.

Melt a generous portion of butter and infuse with chopped thyme and garlic. Slice potato thickly and trim into squares about 1in / 2.5cm thick. Brown in butter on both sides.

Add chicken or vegetable stock until half way up the side of the potatoes, then cover with greaseproof paper. Cook in the oven at 150C (Mark 2) until you can slide a knife through the potato.

Quickly blanch baby vegetables in boiling salted water until tender but still firm. Refresh instantly in ice cold water. Before serving reheat slowly with a knob of butter. The same pan is used to wilt a small portion of spinach.

Take a very hot pan with a little oil and butter and seal the fillet on both sides. Add mixed mushrooms to the same pan and sauté briskly. You can pile these on top of the steak once they are cooked. If you like steak well done it can be finished in the oven without the mushrooms.

The sauce we use is made with veal stock, which probably involves too much work for home chefs. It's easier to use beef or chicken stock, in which case you start by sautéing chopped garlic and shallots or onion until translucent.

Add mixed wild mushrooms, a splash of Madeira and stock. Reduce to the required consistency before finishing with a tablespoon of double cream. We've used mushroom ravioli as garnish.

Recommended wine: Rioja 'Vinas de Gain', Artadi, 2003

Ingredients

Serves four

Beef fillet - Four 175 g tournedos

Fondant potatoes

Potatoes - 4 large (baking)

Garlic - 2 cloves

Thyme - 6 sprigs

Chicken stock - 200ml

Baby vegetables

Carrots - 4 per person

Turnips - 2 per person halved

Leeks - 4 per person

Spinach - 1 x 50g

Wild mushrooms

(use half for the sauce and half for the garnish)

Girole - 100g

Chanterelle - 100g

Morel - 100g

Trumpette - 100g

Sauce

Shallot - 1 small

Garlic - 2 cloves

Madeira - 100ml

Double cream - 100ml

Meat stock - 1 litre

