

Miele

Beef on parsnip mash with horseradish and caper sauce

By Miele

20 minutes

Preparation time

40 minutes

Cooking time

6 servings

Serves



INGREDIENTS

1kg eye fillet
Olive oil, for frying
Salt flakes and pepper, to taste

Parsnip mash

4 Agria potatoes, peeled and halved
2 large parsnips, peeled
40g butter
100ml milk
2 teaspoons bottled horseradish, drained

Horseradish and caper sauce

Olive oil, for frying
1 shallot, finely diced
1 garlic clove, sliced
250ml beef stock
1 tablespoon salted baby capers, rinsed
1 tablespoon wholegrain mustard
1 tablespoon bottled horseradish, drained

METHOD

Beef

1. Truss beef fillet and place in a solid steam tray.
2. Steam at 95°C for 18 minutes.
3. When finished, brush the eye fillet with a little oil and season. Heat a large frying pan over high heat, Induction setting 8, and sear for 2-3 minutes on all sides.
4. Cover with foil and rest in the Warming Drawer on keep warm function, setting 3.

Parsnip mash

1. Place the potatoes, parsnips, butter and milk into a solid steam tray.
2. Steam at 100°C for 15-20 minutes, or until tender.
3. Once cooked, put the potatoes, parsnips and horseradish into a blender and blend until silky. Season to taste, cover and set aside to keep warm.

Caper sauce

1. Heat oil in a saucepan on medium heat, Induction setting 6, add shallots and garlic, cook until shallots have softened.
2. Add the beef stock, capers, mustard and horseradish. Continue to cook until the sauce boils and thickens slightly and then transfer to a bowl.

To serve

1. Slice the eye fillet and serve on the parsnip mash, drizzled with the horseradish and caper sauce. Garnish with watercress.

HINTS AND TIPS

- Horseradish and caper sauce can be made the day before and re-heated.
- Dutch cream or Desiree are a good substitute for Agria potatoes.