



Beef fillet with Indian Kadhai sauce with raw and sautéed mushrooms

Gaggenau Appliance:
Preparation Time: 30 minutes
Cooking Time: 60 minutes
Serves: 4

Ingredients

Beef fillet

4 x 180g eye fillet, trimmed and rolled
Olive oil
Salt and pepper to season
100g button mushrooms
100g shiitake mushrooms
100g oyster mushrooms
100g swiss brown mushrooms
Small punnet of enoki mushrooms
Fresh herbs (Sid used baby coriander and baby celery)

Kadhai Sauce

150g kadhai sauce
2 brown onions, finely chopped
1 teaspoon ginger and garlic paste (crush 4 garlic cloves and 12mm ginger together)
1/2 teaspoon turmeric powder
1 teaspoon kashmiri chilli powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground cardamom
1 teaspoon garam masala (store bought)
3 tablespoons canola oil
400g can of crushed tomatoes
2 fresh tomatoes, diced
1 lemon, juice and zest
Olive oil

Method

Kadhai Sauce Preparation: 1. On the gas wok burner, heat 3 tablespoons of canola oil on medium heat. 2. Cook the onions until they turn golden brown. 3. Add in the ginger-garlic paste. 4. Reduce to low heat and cook for 6 minutes. Add a little more oil if needed. 5. Add in all dry spices and cook for another 3-4 minutes until they are fragrant and well combined. 6. Next, add the crushed tomatoes and cook for 10 minutes on medium heat. 7. Add in the fresh tomatoes, lemon juice and lemon zest. 8. Stir and cook for a further 2 minutes, before setting aside. 9. Kadhai sauce is best enjoyed when prepared a few days prior and refrigerated

Option 1 beef preparation: 1. Preheat the oven to 220°C. 2. Season the beef fillet generously with the salt, pepper and olive oil. 3. Seal the beef on both sides in a cast iron pan on the electric grill. 4. Place the beef on a metal tray and cook in oven for about 4 minutes or until preferred doneness. 5. Remove from the tray and place them on a resting rack for 15-20 minutes.

Option 2 beef preparation: 1. Preheat the combi-steam oven to 65°C using the Sous-vide function. 2. Place the beef fillets in a vacuum bag with salt, pepper and a dash of olive oil. 3. Seal the bag in the vacuum drawer, level 3. 4. Place sealed bag on a steamer tray in oven and cook for 15-20 minutes. 5. Remove from oven and rest for 15 minutes. 6. Cut open the bag and drain excess liquid. To finish, sear beef on all sides on the electric grill or in a pan with some oil. Set aside.

Mushroom preparation: 1. Slice all the mushrooms thinly, with enoki mushrooms being the only exception. 2. Trim the woody stalks off the enoki mushrooms using scissors and separate them. 3. Flash-fry the enoki mushrooms on the Teppan Yaki cooktop, with a dash of oil. Then set them aside for garnish. 4. Add 1 teaspoon of olive oil to a wok on the gas wok burner. 5. Cook the mushrooms on high heat, starting with the button and shiitake mushrooms. Add in the oyster mushrooms once the other mushrooms are almost cooked. 6. Reduce to medium heat. Add in the Kadhai sauce and mix well. Season to taste.

Serving suggestion: This dish is sure to get

your guests talking. To plate, slice the beef lengthwise in half. Place the halves on a large plate, and spoon the mushroom sauce over the fillet. Garnish carefully with the enoki mushrooms, fresh coriander and celery. Serve hot.