



DINE WITH DANIEL

Whole Scotch Fillet with Crispy Potatoes

INGREDIENTS

- 1.5 kg whole scotch fillet
- 2 onions, roughly chopped
- 2 tablespoon olive oil
- 5 clove garlic, peeled
- 2 sprigs of fresh rosemary
- 1 tablespoon cornflour
- 4 sprigs of fresh thyme
- 25g butter
- neutral oil for frying
- 1 cup red wine
- 1 cup beef stock
- 2 teaspoon dijon mustard

Potatoes

- 1kg potatoes, quartered
- 1/4 cup olive oil
- 1/4 cup neutral oil

- 0:20 Prep • 1:40 Cook
- Makes 8 • Capable cooks



METHOD

Step 1

Bring meat out of the fridge an hour before cooking to allow it to come to room temperature. Remove it from its packaging, pat dry with paper towels and sit on a plate. Preheat oven to 220°C. Add onions to a metal roasting tray or dish with olive oil, and season with salt and pepper. Toss to combine. Sit garlic, rosemary, thyme and butter on top so that the meat will cover everything except the onions.

Step 2

Preheat a large frying pan over a high heat. Brush the meat all over with the neutral oil. Season generously with salt and pepper all over. When pan is very hot, add a splash of oil, swish it around and add the meat. Sear each side until dark brown and crunchy all over. Transfer to the roasting dish, sitting on top of the herbs and garlic (the onion doesn't have to be covered by meat). Transfer to the oven and immediately reduce the temperature to 200°C. Roast for 40 minutes if using 1kg or 1 hour if using 1.5kg (for medium-rare)

Step 3

Prepare potatoes; simmer potatoes in salted water until about three-quarters cooked. Drain well, replace over the heat briefly to steam off excess moisture. Add oils, cover and shake vigorously to rough them up. Arrange on a roasting tray, not touching. Remove from oven and transfer the meat to a warmed plate or wooden board with a gutter to catch the juices. Cover loosely with foil and rest for 15 minutes. Reserve resting juices. Turn oven up to 210°C and roast potatoes for 15-20 minutes without touching.

Step 4

To make gravy, skim any fat from the surface of the roasting tray, then place the tray with everything else left in it over a high heat. Add wine and boil rapidly for a few minutes. Add stock, cornflour mixture and mustard, then simmer for 5-10 minutes until thickened. Pass through a sieve into a jug and keep warm. Carve beef across the grain and serve with potatoes, lashings of gravy and seasonal vegetables.

SPECIALS

WHILE STOCKS LAST



slice free
\$18⁹⁹
per kg

Whole Economy Beef Scotch Fillet



2.5kg per pack
\$8⁹⁹
per kg

Aussie Rindless Short Cut Eye Bacon



2kg for \$26
\$17⁹⁹
per kg

Lamb Loin Chops



\$15⁹⁹
per pack

Vittoria Coffee 1kg



\$5⁹⁹
per bag

Australian Onion Class One 5kg



\$3⁹⁹
per bag

Orange (netted) 3kg



99c
per kg

Pork Bones



\$1⁴⁹
per kg

Chicken Drumsticks



save \$3
\$1⁹⁹
each

Nudie Juice 2lt



2 for \$10
\$5⁹⁹
per fillet

Basa Fish Fillets