

## **BAKED & GLAZED RIB FILLET OF BEEF**

1 whole rib fillet or striploin of Beef

1. Preheat oven to 150°. A low oven temperature will help prevent too much shrinkage of the cut.
2. Wipe beef with paper towel to remove any moisture.
3. Mix together 2 tsp. Chinese Five Spice and 2 tsp. Ground pepper and rub on meat.
4. Mix together 2 tbsps. Dark Soy sauce and 1 tbsps. Sesame oil and brush over meat.
5. Place glazed whole fillet on a rack in a roasting pan.
6. Bake uncovered in oven, basting often until cooked.
7. Cook for approx. 15 – 20 minutes per 500gm.
8. Remove from oven, cover with foil and rest in a warm place for 5 minutes before carving.

### Serving suggestions

.....be traditional and have roast vegetables, snow peas, gravy & Horseradish.

.....or lighten up and try the Baked Fillet with fresh salads and a bowl of Tapenade.

### **Tapenade**

1 bottle sliced and pitted black olives, drained

3 large cloves garlic

A few capers (depending if you like them)

1 tin anchovies

1 tbsps. olive oil

Juice ½ lemon

Ground black pepper

Combine all ingredients in blender. Serve in a bowl garnished with a few sliced olives.

## **BEEF WELLINGTON**

Fillet of Beef, or striploin, suitable size for meal required

Pate & sliced mushrooms or onion & bacon

Frozen pastry sheets

1. Tie meat with string, heat 1 tbsps. olive oil in pan and sear meat on all sides. Cool, remove string.
2. Finely chop and lightly fry onion and bacon if using.
3. Join 2 thawed pastry sheets together carefully, to get a piece big enough to fit fillet on.
4. Spread some pate over centre of pastry, press on sliced mushrooms and place meat on pastry, cover with rest of pate and mushrooms. Or use bacon and onion mix (this may need a little tomato relish or pesto to mix).
5. Fold pastry over meat and seal meat inside pastry. Sit meat on the pastry fold in baking tray.
6. Decorate top with pastry leaves etc. Brush with beaten egg and milk.

7. Bake in hot oven (200°) for 15 minutes, then lower to moderate (180°) and cook for 25 minutes for medium rare; or for medium cook for further 10 minutes.
8. Beef Wellington is wonderful served with ratatouille and gremolate.

## **OVEN ROASTED RATATOUILLE & GREMOLATE**

- 12 cherry tomatoes
- 1 medium eggplant, cut into 4cm pieces
- 2 red capsicum, ½ and remove seeds
- 2 brown onions, cut into 8 wedges, try to cut so they hold together at base
- 8 yellow baby squash, cut in half
- 6 green zucchini, cut into 4cm piece
- 4 cloves garlic, chopped
- 2 tablespoons Olive oil
- 1/3 cup red wine

### **Gremolate**

- 2 cloves finely chopped
  - 1/3 cup chopped parsley
  - Grated rind of 2 lemons
1. Preheat oven to 180° put all vegetables into baking dish and toss in oil and red wine.
  2. Bake for 30 minutes or until cooked.
  3. Remove from oven and stand for 10 minutes, top with gremolate mixture and salt & pepper.
- Serve with meat and /or green salad and bread.

Hints – Cook chopped or sliced sweet potato and add to other cooked vegetables.

## **CORNED BEEF**

The RQM butchers are now making our own Corned Beef! It is made from the silverside cut using our 100% MSA graded beef.

A meal of corned beef has been a family favourite for generations, it was something our grandmothers used to cook and it now seems to be making a comeback.

Corned beef can be cooked on the stove top, in a slow cooker, or in the microwave. The great thing about cooking a piece of corned meat is that you will have cold meat for lunch the next day, unless you eat it all for dinner of course!

### **HOW TO COOK PERFECT CORNED BEEF**

- 1.5kg piece of corned beef
  - 1/2 cup vinegar
  - 1/2 cup brown sugar
- Try different flavours by adding
- 1 onion, quartered
  - 1 tsp. peppercorns
  - 6 whole cloves
  - a quartered apple,
  - 2 tbsps. Golden Syrup,
  - or even pineapple skins!

2 bay leaves

1. Rinse beef in cold water. Place in large pot and cover with cold water.
2. Add all other ingredients.
3. Bring to the boil, simmer slowly with lid on until the meat is tender (about 1.5 – 2 hours depending on the size). When cooked the meat will slip easily off a carving fork inserted in the centre of the meat.
4. The cooked meat can be allowed to cool in the cooking water and reheated in the microwave when needed either in the whole piece or sliced .
5. Serve hot with steamed vegetables and a delicious sauce for a wonderful family meal. I would suggest using whole baby potatoes, carrots or pumpkin and beans, or the traditional accompaniment for corned beef, steamed sliced cabbage.

**How to cook Corned Beef in microwave** – rinse meat, place in microwave proof dish, add other all the ingredients and 4 cups water only. Cover and cook on High for 10 minutes. Turn meat over, cover and cook on Medium for 1.25 – 1.5 hours.

**How to cook Corned Beef in slow cooker** – rinse meat, place meat in cooker, add all the other ingredients and barely cover with water. Cover, cook on Low for 8–10 hours or High for 5–6 hours.

**How to carve Corned Beef** – Place meat fat side up on carving board. Look for the direction of grain, if you're not sure how it runs, cut off a thin slice or two to check. Always slice meat ACROSS the grain to ensure tenderness.

### **Sauce recipes to go with your cooked Corned Beef**

First make a basic white sauce ~ melt 45gm butter in saucepan, add 2 tblsps. plain flour, cook stirring constantly for 1 minute. Gradually add 2 cups milk, stir till it boils and thickens.

**My secret for an especially good sauce flavour.... use 1 cup milk & 1 cup corned beef cooking water**

Season to taste with salt & pepper and stir in your choice of;  
Horseradish Sauce – add 1 tblsp. horseradish cream and 1 tblsp. chopped parsley.

White Onion Sauce – slice 1 medium onion finely, microwave till tender and add.

Mustard Sauce – add 1.5 tblsps. Dijon mustard.

Parsley Sauce – add 2 tblsps. chopped fresh Italian parsley.