

GRILLED FILLET OF BEEF WITH SALSA VERDE

As it's B.B.Q. season, feel free to prepare the beef on yours, otherwise, it's a matter of a quick sealing on the stovetop, and finishing it off in the oven. It'll taste great either way, especially with this classic Italian style salsa verde.

SERVES 4

750 g. fillet whole beef fillet, trimmed of fat and sinew.
Salt and freshly cracked black pepper
2 Tablespoons vegetable oil

FOR THE SALSA VERDE:

3 Tablespoons chopped parsley
2 Tablespoons good quality capers, drained
4 anchovy fillets
1 clove garlic, chopped
1 Tablespoon Dijon mustard
1 Tablespoon lemon juice
4 Tablespoons virgin olive oil

TO GARNISH

2 tbl olive oil
1 red pepper diced
½ red onion diced
½ aubergine diced
8 new potatoes, cooked and quartered

METHOD:

1. Preheat the B.B.Q. according to your manufacturer's instructions. If using the oven, preheat to 200°C.
2. Season the beef fillet generously with salt and pepper, and rub with the oil. Brown on all sides over high heat, and then move to a slower part of the grill, and cover with foil, or lid. Continue to cook until done to your tastes, about 10 minutes for rare, about 20 - 25 for medium to medium well. Allow the beef to rest in a warm place, but off the grill for about 10 minutes before slicing.
3. To prepare the salsa, grind the parsley, capers, anchovies, and garlic in a mortar and pestle, or a food processor. When they are fairly well mixed together, add the mustard, lemon juice, and virgin olive oil. Season with pepper and check for salt.
4. For the garnish, heat the olive oil in a large frypan and sauté all the vegetables together until cooked and lightly browned. Season with salt & pepper
5. To serve, slice a portion of the beef fillet on each plate, and place a generous dollop of the salsa beside. Serve with the vegetables, and garnish with some rocket leaves, (optional) (Some steamed new potatoes and a green salad would be a nice option as an accompaniment)