

Fillet of Beef with a Shiitake Mushroom and Dilmah Earl Grey Tea Crust, with Braised Beef Cheek Fondant Potato and a Garlic and Dilmah Ceylon Supreme Tea Jus



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Peter Kuruvita

- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2010

Ingredients

Fillet of Beef with a Shitake Mushroom and Dilmah Earl Grey Tea Crust, with Braised Beef Cheek Fondant Potato and a Garlic and Dilmah Ceylon Supreme Tea Jus Mushroom and Dilmah Earl Grey Tea Crust

- 2 tablespoons Dilmah Earl Grey Tea
- 500g dried shitake mushrooms
- 100g bread crumbs
- 50g pork back fat

Beef Fillet

- 1 beef fillet
- 200g pig's caul fat

Braised Beef Cheek

- 4 beef cheeks, deboned
- 4l veal stock
- 1 onion, roughly chopped
- 1 stick celery, roughly chopped

- 1 carrot, roughly chopped
- 1 leek, roughly chopped
- 4 garlic cloves, crushed
- Salt and pepper

Fondant Potato

- 3 desiree potatoes
- 200g butter

Garnish

- Marche cress
- Braised garlic, diced
- Pan-fried pine mushrooms

Methods and Directions

Fillet of Beef with a Shitake Mushroom and Dilmah Earl Grey Tea Crust, with Braised Beef Cheek Fondant Potato and a Garlic and Dilmah Ceylon Supreme Tea Jus Mushroom and Dilmah Earl Grey Tea Crust

- Hydrate mushroom in hot boiling water until soft. Strain off water and press the mushroom between two towels to extract all the moisture. Blend the mushrooms, bread crumbs, tea and back fat in a food processor until it forms a smooth paste. Using a rolling pin, roll out the paste between two sheets of baking paper as thin as possible. Try to make the sheets 20cm by 20cm. Put into the fridge to set for about $\frac{1}{2}$ hour.

Beef Fillet

- To prepare the beef, take each sheet of mushroom crust and wrap around the loin, then wrap each loin in a sheet of caul fat, wrapping tightly. Then roll in plastic wrap to form a cylinder shape. Tie off each end, and put in the fridge to set for 2 hours. In a hot pan, sear the loin all the way round evenly, then place in an oven on high (about 220°C) for 4 minutes, then leave to rest for 10 minutes. Slice into thin pieces.

Braised Beef Cheek

- Season the beef with salt and pepper and sear in a hot pan until brown in colour, then use the same pan to colour up the vegetables and garlic. Place the lamb, vegetables and garlic in a deep tray and cover with veal stock, then braise for 5-6 hours at 150°C.

Fondant Potato



- Slice the potato into 3cm-sized slices. Using a round metal cutter around 4cm in diameter, trim the potatoes so they are an even thickness all the way through. Melt the butter in a pot then add the potatoes, adding just enough water to cover them. Keep on a moderate heat until all liquid is cooked out, then turn the heat down to low. The butter will start to slowly burn. Keep cooking until there is an even coating of burnt butter on the potato slices. Remove from heat. When you take the potatoes out of the pan there should be a golden ring around the outside.

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