

Fillet Steak in Black Tea & Wine Sauce



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The Dilmah Book of Tea inspired Cuisine & Beverage

Used Teas



Ceylon Premium Tea

Ingredients

Fillet Steak in Black Tea & Wine Sauce

- 4 tea bags Dilmah Premium Ceylon Tea
- 4 individual Fillet Steaks
- 200ml White wine
- 25g chopped shallots
- 100ml brown sauce
- 25g butter
- Salt and ground pepper to taste

Ingredients for crust

- Fresh bread crumbs
- Rosemary
- Thyme

Ingredients for Brown Sauce

- 70g flour
- 70g butter
- 1l beef stock
- 2 tablespoons Tomato paste
- Salt and ground pepper to taste

Methods and Directions

Fillet Steak in Black Tea & Wine Sauce

- Season and marinate the fillet steaks in half of the wine for one hour.
- Cook the shallots in butter; add the remaining white wine, glaze/brown sauce and the remaining liquid from the Marinade. Bring to boil and simmer for 5 minutes.
- Strain the sauce with a fine strainer and infuse the tea bags for 4 minutes.
- Add salt and pepper if necessary and leave aside.
- Coat the crust on the beef and cook in the oven.

Method for Preparation of Brown Sauce

- Heat the butter in a heavy bottom pan, add the flour, and cook on a low fire whilst stirring constantly till the mixture turns brown.
- Remove from the fire and leave to cool slightly.
- Add the beef stock and continuously whisk to prevent lumps from forming.
- Return the sauce to the fire and cook further for a further 10 minutes. Skim the foam and season.