

Ceylon Souchong Smoked Beef Fillet With Grilled Potatoes And Spring Onions



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Andrea Ferrero

The tea helps me to create more flavour and more possibility to engineer a dish.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014



Used Teas



t-Series The First
Ceylon Souchong

Ingredients

Ceylon Souchong Smoked Beef Fillet With Grilled Potatoes And Spring Onions



- 600g of cleaned fillet of beef
- 1 litre of red wine
- 100g of Dilmah Ceylon Souchong
- 3 potatoes
- 200g of spring onions
- 400g of shallots
- 200g of sour cream
- 100g of chives

Methods and Directions

Ceylon Souchong Smoked Beef Fillet With Grilled Potatoes And Spring Onions

- Make a red wine reduction with tea and marinate the beef fillet overnight in the reduction.
- Wrap the potatoes with tinfoil and place them close to the charcoal until well cooked.
- Cook the beef fillet over charcoal, until it's dark brown outside but medium inside.
- Let it rest for about the same time taken to cook the fillet.
- Grill all the vegetables together over the charcoal, then season them all with extra virgin olive oil and sea salt.
- Compose the dish by putting all the ingredients together in a flat round plate, and finish it with the wine and tea reduction.

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