



**Filet Mignon with Mushroom Puree, Potato Dauphinoise, wild mushrooms, glazed carrots, Red wine jus, charred onion and micro greens.**



Ingredients	Method
<p><b>4 filets 150g each</b>            2 sprigs of thyme            3 tbsp butter            Olive oil            Salt and Freshly Ground Black Pepper            3 cloves of garlic smashed</p> <p><b>Potato Dauphinoise</b>            25g Butter            650g Floury Potatoes            400ml Double Cream            2 large garlic cloves            Pinch of nutmeg            Sea salt and freshly ground black pepper</p> <p><b>Red Wine Jus</b>            2 shallots            1 sprig of rosemary            1 bay leaf            250ml beef stock            100ml red wine            1 tbs butter            Salt to taste            Brown sugar to taste            Olive oil</p> <p><b>Mushroom Puree</b>            500g Wild Mushrooms            50ml Double Cream            Vegetable Oil            Salt and Freshly Ground Black Pepper</p>	<p>Start by making the Potato Dauphinoise the day before so that it can be chilled overnight and cut into neat portions.            Preheat the oven to 325F and butter an ovenproof dish.            Bring the double cream, crushed garlic and nutmeg, salt and pepper to the boil, take off the heat and set aside.            Peel and slice the potatoes thinly, preferably with a mandoline but a sharp knife will do.            Layer the potatoes in the dish, seasoning each layer and making sure that each layer overlaps. Pour enough of the cream into the dish to cover the potatoes and bake in the oven for around 45 minutes until golden on the top and tender in the middle.            Take out the oven and allow to cool before placing in the fridge. Leave overnight.</p> <p>To make the red wine jus. Finely chop the shallots and add to a hot frying pan over a medium heat with some olive oil. Fry until caramelised.            Add the wine and herbs and reduce by half.            Add the beef stock and reduce by half. Strain through a sieve and return to the heat and reduce until you have achieved a thick sauce. Take off the heat, add the butter to give the sauce a nice shine and season to taste.</p> <p>For the mushroom puree. Put enough oil to cover the bottom of a pan and put on a medium high heat. Chop the mushroom and sauté until golden brown. Drain onto on to a paper towel to remove any excess oil. Add back to the pan and add the cream. Bring to the boil, take of the heat and blitz with a hand blender until smooth. Season to taste and set aside.</p> <p>Peel the carrots and cut to the size/shape that you would like. Boil some water in a pan, add some salt and the carrots. Cook until tender. Drain and add back to the pan with butter, honey and lemon juice. Cook until the carrots are nicely glazed (5 mins). Season with salt and pepper. Set aside.</p> <p>Chop an onion in half and use 4 of the layers as cups for the red wine jus. Place open side down in a dry pan on a medium heat until the rim of the onion cup is charred.            Put on a baking tray to one side.</p> <p>Put oven on 325F.            Remove the potato from the fridge and cut to desired size. Place on a baking tray in oven to warm through.</p>

<p><b>Glazed Carrots</b>  2 large carrots  2 tbsp Butter  2 tbsp Honey  Juice of ½ Lemon  Freshly Ground Black Pepper</p> <p><b>To Garnish</b>  Wild Mushrooms  Chard Onion  Micro Greens</p>	<p>Chop some wild mushrooms to the size and appearance that you would like and sauté with some salt and freshly ground black pepper. Put aside ready to dress the plate.</p> <p>Remove the potato from the fridge and cut to desired size. Place on a baking tray in oven to warm through.</p> <p>To cook the filet. Remove the filets from fridge to bring up to room temperature. 20 - 30 minutes. Heat a large oven proof frying pan on a high heat with a little olive oil. Coat the filets in olive oil, salt and pepper. Work the salt and pepper into the filet with your fingers. Add the filets to the pan when smoking hot. Move the filets around the pan for the first few seconds so they do not stick. Leave to cook for 2 – 3 minutes to for a golden crust the turn over and repeat. Sear the filet on the sides so that they have a nice colour. Add the butter, rosemary, thyme and garlic. Allow to melt and the baste the butter over the steaks for 2-3 minutes each side for medium rare. Remove from the pan and set aside. Cover with foil and leave to rest for 10 minutes.</p> <p>Meanwhile add the onions to the oven to warm through. Warm up the mushroom puree, red wine Jus carrots and wild mushrooms.</p> <p>To plate smear a good amount of mushroom puree onto the plate and place the wild mushrooms and carrots on top. Add the potato and charred onion to the plate. Pour some of the red wine jus into each onion cup. Put the filet on the plates and garnish with micro herbs.</p>
---	--