



# WANDERER EYE FILLET WITH MUSHROOM SAUCE

Serves

4

PEOPLE

Cooking

Preparation

15

MINUTES

Skill level

20

MINUTES

EASY

## INGREDIENTS:

Wanderer eye fillet x 4 200g portions  
2 Tbsp olive oil

Pre heat oven to 200°C

Place a fry pan on a high heat with the olive oil and sear all sides of the eye fillet and place in pre-heated oven for 5-7minutes (until internal temperature reaches 50 degrees).

Rest until ready to serve.

## SAUCE:

100ml extra virgin olive oil  
6 shallots sliced  
4 cloves of garlic thinly sliced  
6 sprigs of thyme  
200g of swiss brown mushroom sliced  
200g of shiitake mushrooms sliced  
300ml beef stock  
200ml white wine  
150ml cream  
Salt & Pepper to taste  
2 Tbsp parsley chopped

## METHOD:

Place a large frying pan on medium heat and add the olive oil.

Add the shallots, garlic, thyme and cook for 2-3 minutes.

Then add mushrooms and cook for a further 5 minutes.

Stir in the stock & wine. Bring the pan to a simmer and reduce the liquid by half.

Add the cream and cook for another 3-4 minutes.

Season to taste. And add the chopped parsley.

To plate up. Place rested steak on the plate. Top with the mushroom sauce.

Serve with a side of greens. Garnish with parsley & thyme sprigs.

## RECIPES



## Wanderer Eye Fillet with mushroom sauce

Serves: **4 people**

Preparation: **15 minutes**

Cooking: **20 minutes**

Skill level: **Easy**



## Wanderer Ribeye with hand cut potatoes and radicchio

Serves: **2-3 people**

Preparation: **20 minutes**

Cooking: **20-30 minutes**

Skill level: **Easy**

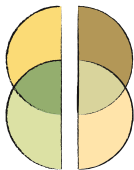




Slow cooked Wanderer beef short ribs with soba noodles & Asian greens

Serves: 4 people  
Preparation: 30 minutes  
Cooking: 300 minutes  
Skill level: Intermediate

VIEW RECIPES



W A N D E R E R  
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