

Wanderer Eye Fillet with Mushroom Sauce

SERVING 4 PEOPLE



Ingredients

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

Preheat oven to 200 degrees Celsius

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 5-7 minutes (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.