



Recipes

Grain Fed Beef Tournedos with Field Mushrooms

Serves 4

Ingredients:

8x120g beef tenderloins
½ large red cabbage
1 large granny smith apple
8 desire potatoes, chopped
4 large field mushrooms
100ml beef stock
300ml shiraz
50g butter
½ cinnamon stick
¾ cup castor sugar

Method:

1. Marinate trimmed tournedos with freshly ground black pepper.
2. Shred red cabbage and apple.
3. Brush mushrooms with olive oil and salt and rub with fresh garlic. Grill or bake in a hot oven.
4. Combine cabbage, apple, cinnamon and 200ml of Shiraz in a saucepan and simmer with castor sugar until most of the moisture has evaporated.
5. Peel and roast potatoes in moderate oven until golden brown, deglazed with ½ of the beef stock.
6. Cook the tournedos in a cast iron fry pan to your liking. Remove meat from heat and deglaze with the red wine and beef stock.
7. Reduce the remaining jus by half and fold in the butter to enrich the sauce. Cover and rest the meats for 2 minutes in a warm oven before serving.
7. Arranged the potatoes & mushroom onto the plate, top with red cabbages and 2 tournedos, drizzle the jus around the meat.

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