

# STAR OF THE NORTH

## GOURMET BUTCHER

*Personalised Service, Quality Products, from Our Family to Yours.*

### **Beef Fillet with Anchovy & Parsley Cream** Serves 6

Ingredients:

1kg beef fillet  
1 tbsp. olive oil  
500g cherry truss tomatoes  
4 bay leaves  
1 egg yolk  
1 tsp. Dijon mustard  
 $\frac{3}{4}$  cup sour cream  
 $\frac{3}{4}$  cup olive oil  
2 tbsps. Lemon juice  
 $\frac{1}{2}$  cup flat leaf parsley  
1 eschalot, finely chopped  
2 tbsps. finely chopped chives  
5 anchovy fillets, finely chopped  
2 tsps. baby capers, roughly chopped

1. Preheat oven 200°C. Heat olive oil in a large frying pan over high heat. Add beef & cook turning, for 8 mins or until browned. Transfer to a roasting pan & roast for 15 mins. Cut tomatoes into cluster & place around beef with bay leaves. Roast a further 15 mins for medium-rare. Loosely cover with foil & rest 15 mins.
2. To make anchovy & parsley cream, whisk egg yolk & mustard in bowl. Whisk in oil in a slow steady stream until thick & emulsified. Whisk in remaining ingredients. Season with salt & pepper.
3. Slice beef fillet into thick slices then divide among plates. Serve with roasted tomatoes & anchovy & parsley cream.

### **CURRAMBINE**

Shop 20 Currambine Central  
Cnr Marmion & Shenton Ave  
Currambine WA 6028  
PH: 9304 2131

Email: [gourmet@starofthenorth.com.au](mailto:gourmet@starofthenorth.com.au)

Website: [www.starofthenorth.com.au](http://www.starofthenorth.com.au)