

How to cook a Fillet of Beef

When your Beef Fillet Arrives

To defrost the Beef Fillet take it out of the freezer and remove it from its packaging. Place it on a plate and leave it out at room temperature for one day. Alternatively, place the plate of beef in the fridge and allow it to gently thaw for 2 days.

Method

1. Before cooking allow the joint to reach room temperature and pat dry.
2. Preheat the oven to 220°C/425°F/Gas Mark 7.
3. Generously season the Fillet with sea salt and freshly ground black pepper.
4. Warm an oven proof pan on your hob. Add a little Beef Dripping to hot pan and once the fat is sizzling then place the fillet into the middle of the pan. Caramelize the Beef on all sides, getting a nice brown crust forming, then transfer to the preheated oven and roast for 12-15 minutes. If you are using a meat thermometer, you are looking for an internal temperature of 47-51°C.
5. Remove from the oven to rest for 15 minutes before carving.

