

**Miele**

# Slow cooked fillet of beef with pangrattato

By Maggie Beer

**24 hours**

Preparation Time

**3 hours**

Cooking Time

**8-10 servings**

Serves



## INGREDIENTS

### Slow cooked fillet of beef

1.8 kg beef fillet, sinew removed  
Kitchen twine  
1 tbsp juniper berries, lightly crushed  
4 x 20cm rosemary stems, leaves stripped, roughly chopped  
4 tbsp thyme, roughly chopped  
2 tbsp orange zest, julienned  
1 tbsp salt flakes  
125 ml extra virgin olive oil  
8 fresh bay leaves  
Additional extra olive oil and salt flakes for searing  
60 ml vino cotto

### Vinaigrette

Reserved beef resting juices  
60 ml extra virgin olive oil  
1 tbsp vino cotto

### Pangrattato

3-4 tbsp extra virgin olive oil  
100 g sourdough trimmings  
2 garlic cloves, minced  
¼ cup parsley leaves, finely chopped  
Zest of 1 lemon  
Salt flakes, to taste

## **METHOD**

### **Slow cooked fillet of beef**

1. Place the beef onto a board and tuck the tail end under to form a compact shape. Truss the fillet, securing it with kitchen twine at 4 cm intervals. This helps to cook the beef evenly.
2. Using a mortar and pestle, combine the juniper, rosemary, thyme, orange zest, salt flakes and grind to form a paste. Add in olive oil to loosen and pour into a Gourmet oven dish. Add the beef then rub the marinade all over the fillet. Top with the bay leaves, slipping them in a row underneath the kitchen twine.
3. Cover beef with cling wrap and marinate in the Refrigerator overnight, turning occasionally.
4. Remove from the fridge and allow the beef to come to room temperature; approximately 1 hour.
5. Preheat the oven on Conventional at 95°C.
6. Pat the beef dry with paper towel then transfer onto a universal tray with the grilling and roasting insert.
7. Place into the oven on shelf level 2. Cook for 2.5-3 hours, turning half-way until the meat is slightly springy to touch. If using a food probe, the core temperature should be approximately 60°C.
8. Remove from the oven and rub a small amount of salt flakes and olive oil all over the fillet. Heat a gourmet oven dish on high heat, Induction setting 8-9. Add the beef fillet and sear evenly until brown on all sides.
9. Transfer the beef to a clean baking dish, pour over vino cotto and leave to rest for 20-30 minutes.
10. Reserve pan juices to incorporate into vinaigrette. Pour juices into a jug, add olive oil and vino cotto and whisk to form the vinaigrette.

### **Pangrattato**

1. Heat the olive oil in a frying pan on medium heat, induction setting 6. Add the sourdough trimmings and toast on all sides, stirring regularly until deep golden and crisp.
2. Add the garlic and stir through, heating enough to cook the garlic but not to brown. Remove from heat and cool to room temperature.
3. Transfer to a food processor and pulse to form a fine crumb. Stir through the remaining ingredients, cover and set aside until needed.

### **To serve**

1. Slice the beef into medallions and arrange on a serving platter. Serve warm topped with pangrattato and vinaigrette.