

Peppered Fillet Of Beef With Mustard, Thyme & Brandy Sauce

Ingredients

- 1.3kg Fillet Of Beef, Cut From The Centre Fillet
- 1 Tbsp Olive Oil
- 2 Tbsp Cracked Black Pepper
- 2 Tbsp Finely Chopped Thyme Leaves

For The Brandy & Mustard Sauce

- 2 Tbsp Brandy
- 300ml Double Cream
- 1 Tbsp Finely Chopped Parsley Leaves
- 1 Tbsp Finely Chopped Thyme Leaves
- 2 Tsp Dijon Mustard
- Salt & Freshly Ground Black Pepper



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Method

- Preheat oven to 220C/200C Fan/Gas 7.
- Season the beef with salt and pepper and rub the oil over the meat. Scatter an even layer of the cracked pepper and thyme leaves on a board and roll the fillet in the them until lightly coated all over.
- Heat a frying pan over high heat until very hot. Brown the fillet quickly on all sides.
- Transfer the fillet to a roasting tin and roast for about 25 minutes for medium rare (8 minutes per 450g/1lb unless it's a long, thin fillet where it should be 7 mins per 450g/1lb).

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Method

- Pour the brandy into a wide-based pan, bring to the boil and boil for 10 seconds. Add the cream and bring back to the boil, stirring all the time until you have a sauce consistency. Season with salt, then add the herbs and mustard. Any juices from the roasting tin can be added to the sauce before serving.
- Rest the meat for 10 minutes before carving into thin slices. Serve with the sauce alongside.