



STUFFED FILLET

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Whole fillet, stuffed with anything and, wrapped in bacon-
guaranteed to be a good eating experience always

Yield: 6-8 servings // Prep time: 15 min // Cooking time: 30 mins + 35 mins marinating // Total time: 50 mins

BEEF

- 2 tablespoons Sunflower oil
- 1 tablespoon Balsamic vinegar
- 1 tablespoon Soya sauce
- 1 ½ kg Beef fillet, trimmed
- 1 teaspoon Salt
- 1 tablespoon Olive oil
- 1 tablespoon Gelatine
- 1 cup Crumbly feta cheese
- 1/3 cup Sun-dried tomatoes, thinly sliced
- 1 teaspoon Fresh rosemary, removed from stem, finely chopped
- 500 g Rindless streaky bacon

METHOD

1. Mix the oil, balsamic vinegar and soya sauce together until it creates a thick emulsion. Place the fillet in a container and rub the marinade over the fillet. Leave to stand about 30 minutes.
2. Preheat the oven to 200° C. Remove the fillet from the container and place on a cutting board. Use a sharp knife and make a slice lengthways along the fillet, and butterfly cut the fillet, so it folds out like a book. Flatten the meat slightly so that it is level and easy to stuff.
3. Season the inside of the fillet and drizzle with a little oil. Sprinkle the dry gelatine on the fillet and leave to sit a couple of minutes (the gelatine prevents the filling from falling out when fillet is sliced)
4. Mix the feta cheese and the sundried tomatoes, add the finely chopped rosemary. Smear the filling on to the one cut side of the fillet and close the fillet making sure the filling is contained inside the slit.
5. On a rectangle of greaseproof paper, arrange the bacon slices overlapping so that the fatty side is against the paper. Lay the fillet parcel on top of the bacon.
6. Stretch bacon around the roll and secure with strong toothpicks.
7. Turn best side up and lay it on a big baking sheet. Bake for 35 minutes. Leave to cool. Remove skewers and slice into 1 cm thick slices and arrange on a platter.
8. Garnish with fresh herbs and serve with wholegrain mustard and baby potatoes.

