

Christmas Menu – Main Course by Peter Manca

Beef filet with Pasta Pearls and mixed fried Mushrooms

For 6 People

Part 1 – Gravy (Prepare 2 days in advance!)

If desired, you can prepare some homemade gravy in advance and keep it in the fridge for a few days, although this dish doesn't necessarily need gravy.

Part 2 – Safran Crunchy Cookies

Time saving tip: make 1 or 2 days in advance

Ingredients

20 g Flour

100 ml Water

100 ml Vegetable oil

1 Pinch of safran powder + 1 Pinch of Salt (alternative to safran is turmeric or curry)

Vegetable oil for frying

Preparation

Mix all ingredients thoroughly with a hand blender.

Put a little vegetable oil into a teflon frying pan and pour ca. 1 dessert spoonful of safran cookie batter per cookie into the hot frying pan. Fry on a medium heat until golden brown. When the cookies have holes in them then they are perfect. Leave the finished cookies to drain on some kitchen roll and store in a metal tin.

Part 3 – Fregola (Pasta Pearls) and Beef Filet

Ingredients

900 g Beef Filet
1 clove of Garlic

600 g Sardinian Fregola (Pasta Pearls)
2 Dessert Spoons Olive oil or Chili-Olive oil
1 Onion chopped finely
0,75 ml Vegetable Stock

400 g fresh mixed Mushrooms, i.e. Shitaki, King Oyster, Champignons und Oyster
6-8 EL Sunflower oil or Rapeseed oil

5 Sprigs of fresh Parsley, chopped finely (including stalks)
5 Sprigs of fresh Basil, finely chopped
5 Sprigs of fresh Chives, finely chopped

80 g single fresh Cream
80 g grated Sardo Pecorino (or Parmesan)

18 Cherry Tomatoes (for decoratin)
1 Sprig of fresh Rosemary

Preparation

Fregola (Pasta Pearls)

Finely grate the Pecorino (or Parmesan) and chop the herbs.

Heat the olive oil in a pan and sauté the chopped onions. Add the fregola and sauté for a further 2-3 minutes.

Then add ca.1 small ladle of vegetable stock to the fregola. Repeat this regularly, the pasta pearls should always be covered with a little stock (similar to a risotto). It takes roughly 12-15 minutes for the fregola to cook.

Chop all the mushrooms into chunks. Heat the vegetable oil in a frying pan and fry all the chopped mushrooms until golden brown (we use a teppanyaki in our video). Don't forget to cover the fregola with a little vegetable stock to keep them covered.

Pre-warm the plates in the oven at 50-60°C.
If you are using gravy, then now is the time to heat it up in a saucepan.

When the fregola are cooked add 2/3 of the fried mushrooms (you need the rest to arrange on the plates). Add the chopped herbs, grated pecorino and fresh cream. Stir well.

Beef Filet

Cut the Beef filet lengthwise in half, then slice into ca. 1 cm wide strips (3 per person). Season the meat with salt and freshly ground pepper.

Sear the slices each side for ca. 1 minute. If you want you can add 1 clove of garlic to the pan to round off the flavour.

Sear the cherry tomatoes and add 1 fresh sprig of rosemary to the pan.

Place the cooked filet onto some kitchen roll to soak up the oil and juices (this stops the plate from smearing while arranging).

Part 5 – Arranging the Plate (Picture is on the next page)

Tip: Pre-warm the plates in the oven at 50-60°C.

Ingredients

6 Small sprigs of fresh herbs to decorate i.e. Parsley, Rosemary or Basil
6 Safran Cookies, Olive oil
(optional: Gravy)

To Decorate

Put 1-2 dessert spoonfuls of fregola in the middle of each plate.

Put a little dent into the middle of the fregola and arrange the 3 slices of meat in a fan. Arrange a few fried mushrooms around the plate.

Put one safran cookie onto the slices of meat.

Arrange 3 roasted tomatoes on the edge.

Place 1 sprig of your chosen fresh herb, on top or next to the meat.

Drizzle everything with a little olive oil (If you have chosen to have gravy as well, this is the time to drizzle some on top as well).



video