

**Coeur de Filet de Boeuf aux Escargots et Girolles, Fumet de Vin Rouge -
Roasted Fillet of Beef with Snails in Parsley Butter.**

(Serves 6)

Ingredients:

90g Girolles Mushrooms
60g Butter
½ Clove Garlic
180g Peeled Button Onions
6 X 150g portions of Beef Fillets
1 Dessert Spoon of Olive Oil
30grams of unsalted Butter
6tsp Veal Meat Glaze
Salt and Pepper

Garnish:

6tsp cooked onion puree
150g Snails in Garlic Butter
Red Wine Sauce

Entree



Preparation:

- For the vegetables, sauté the mushrooms and garlic in ½ of the butter until soft.
- Use the remaining butter to Sauté the button onions.
- Season the beef with salt and pepper.
- Heat the olive oil in a pan and colour the beef on each side until golden brown.
- Lower the heat and cook until done to your liking.

- Remove the beef from the pan and reduce the juices with the butter and veal glaze until sticky.
- Roll the fillets in this.
- To serve, spoon the warm onion purée (made with onions, herbs, garlic and cream) in the centre of each plate, with the glazed fillets on top.
- To finish arrange the snails, onions and mushrooms around the outside of the plate and pour red wine sauce over them.

Seen here in the picture with a John Burton-Race fine, crisp, speciality garnish – potato galette.

Recipe Conversion Tables:

To convert from metric, divide by the factor as indicated:

Pints/litres – 0.568

Pounds/kilograms – 0.4536

Ounces/Grams – 28.3495