

Le ricette di MARENNA'

BEEF FILLET “DROWNED IN TAURASI” AND WHIPPED POTATOES WITH HERBS

Ingredients for four persons:

Beef fillet, poached in Taurasi
600 g of beef fillet
1 kg of red onions
250 cl of veal rump
1 l of Taurasi wine
300 cl of Port wine
100 g of butter
2 carrots
2 onions
2 branches of celery
Beet sugar

Juniper berries
Whipped potatoes with herbs
500 g of puréed potatoes
Parsley, mint and rosemary
Extra virgin olive oil
Salt and pepper to taste

Procedure for the whipped potatoes with herbs:

Peel the potatoes, cut into slices and cook in salted water. Drain them and then whip into a Mound, adding the salt and the aromatic herbs (parsley, mint and rosemary).

Procedure for the beef fillet poached in Taurasi:

Take the beef fillet and cut into three regular and connected pieces. For the sauce, cut the carrot, the celery stalk and the little pieces of onions and dry them briefly in a tablespoon of oil.

Add half the wine and reduce slowly to the consistency of a syrup. Peel the red onions and toast lightly in an oven with oil and a sprinkling of beet sugar.

As soon as it is ready, pour in a large saucepan with the veal rump previously obtained, the juniper berries, the Taurasi and the port.

Let it reduce to a consistency and then emulsify with a little butter.

Prepare small bags as a vacuum for the tied beef and the cooked wine and seal and invert them in a saucepan and cook them in water at a constant temperature of 70 C (170 F). Cut the fillet in half, salt and serve with the whipped potatoes with herbs and the Taurasi sauce.

NOTES

