



Festive Beef Fillet with Lethabo

Lethabo Kgadima shares her recipe for cooking a large beef fillet for the family with us. Serve this at your next dinner party or for a festive feast.

INGREDIENTS

500g beef fillet
10 ml (2 tsp) meat spice of choice
5 ml (1 tsp) salt
5 ml (1 tsp) ground black pepper

5 carrots, chopped in large chunks
250g baby potatoes, halved if preferred
2 red onions, quartered
200 ml beef stock
1 packet gravy powder of your choice

METHOD

1. Preheat an AMC 30 cm Fry Pan (or suitably sized AMC pan) over a medium temperature until the Visiotherm® reaches the first red area. Preheat the oven to 180 C°
2. Spice your fillet well on all sides.
3. Once the pan has preheated, brown your fillet on all sides. *If you are using a medium temperature, you do not need to add any fats or oils. Add your vegetables and beef stock and transfer to your oven.
4. Once your fillet has browned, add the vegetables and stock to the pan. Place in the preheated oven, without the lid, and cook for the required time to your preference.
5. Remove meat and leave to rest a few minutes before slicing. Spoon out the vegetables. Use the gravy powder to cook your gravy in the pan drippings for a few minutes.
6. Plate sliced meat and vegetables on a platter and serve with gravy.