

**Stuffed Eye Fillet of Beef on Carrot Puree with Broad Beans**

as presented for the Second Phase Judging of the 2010 Sydney International Wine Competition

Recipe by SIWC Chef Jacqueline Mason

**Serves 8****INGREDIENTS**

8 x 250g Eye Fillet Steaks, well trimmed  
 8 Slices of Bacon  
 8 Anchovies  
 Salt and freshly ground Pepper  
 2 tbsp Fresh Thyme finely chopped  
 2 tbsp Olive Oil  
 2 cups peeled Shallots  
 2 tbsp unsalted Butter  
 1 cup Veal Stock  
 2 Sprigs Thyme  
 Salt and freshly ground Pepper  
 1 cup softened Butter  
 3 tbsp chopped Anchovies  
 2 Cloves Garlic finely chopped  
 1 Shallot finely chopped  
 3 tbsp finely chopped continental Parsley  
 800g Carrots  
 50g unsalted Butter  
 3 tbsp Cream  
 Salt and Pepper  
 Broad Beans (12 cooked and peeled Beans per person)

**METHOD**

1. Combine softened butter, anchovies, garlic, shallot and parsley for anchovy butter.
2. Roll in plastic wrap to form a cylinder.
3. Refrigerate until ready to use.
4. Preheat oven to 150 degrees.
5. Combine shallots, butter, veal stock, thyme, salt and pepper in an oven dish.
6. Cover tightly with foil.
7. Bake for 1 hour or until tender.
8. Remove foil and bake until liquid is sticky and coats the shallots. Set aside to cool.
9. Trim, peel and slice carrots. Cook in salted, boiling water until soft.
10. Drain. Puree in a magimix with butter and cream until smooth.
11. Adjust seasoning. Keep warm.
12. Prepare Broad beans. Remove the shells.
13. Cook in salted, boiling water until soft. Drain.
14. Remove skins. Set aside.
15. Preheat the oven to 180 degrees.
16. Cut a slit deep in the side of each steak. Stuff 2 shallot pieces, 1 anchovy fillet and some thyme into each steak.
17. Wrap each steak with a slice of bacon. Secure with a toothpick.
18. Season the steaks with salt and pepper then brush the steaks with olive oil.
19. In a hot frying pan, brown the steaks on both sides.
20. Transfer the steaks to a roasting tray and place in the oven for 5 minutes (medium rare).
21. Remove from oven and keep warm.
22. Warm broad beans in microwave oven with a little butter. Keep warm.

**TO SERVE**

1. Slice anchovy butter into 8 x ½ cm discs.
2. Place one butter disc on each steak then return to the oven briefly to melt the butter.
3. Spoon some of the carrot puree in the middle of each plate.
4. Place one steak on top of the puree.
5. Scatter some of the warm broad beans around the puree.
6. Scatter the remaining warm caramelized shallots in between the broad beans.
7. Serve immediately.