

Mick's Scotch Fillets

This is a pleasant variation of the traditional Sunday roast. This recipe serves two. Serve with roast vegetables and mushrooms. It also requires at least one glass of red wine for the chef.

*2 scotch fillets, excess fat removed
2 rashers bacon
2 cloves garlic
ground pepper
mixed herbs
chilli, finely chopped (optional)
dash of red wine or small amount
of wholegrain mustard
(optional)*

Preheat oven to 180°. Wrap bacon around the circumference of each scotch fillet. Sprinkle garlic, herbs and pepper, and other toppings, on meat. Wrap in aluminium foil and place in hot oven. Cook for 40-50 minutes, then remove aluminium foil and cook for a further 10-15 minutes. This last stage of cooking can also be done under the grill. Pour excess liquid from meat into drip tray to prevent the meat from drying out. Liquid can be used in a gravy or mushroom sauce as accompaniment. The meat can also be marinated over night before it is needed.

Mushroom Sauce

Serve this sauce with scotch fillets, roast potatoes, steak and many other dishes.

*1 Tbl butter
approx 6 button mushrooms
½ cup water/stock/red wine
1 tsp cornflour
Tbl cold water, extra
dried herbs to taste*

Melt butter in pan and sauté mushrooms. Add enough liquid to cover mushrooms. Simmer for at least 15 mins. Mix cornflour and extra water into a paste and add to mushrooms. Simmer until sauce is desired consistency, stirring frequently. Serve hot.