



Rare Roast Beef

A simple piece of rare roast beef is a great centrepiece for any table. Two tips ensure success: bring the meat to room temperature before cooking it (30-60 minutes out of the fridge depending on the weather) and rest it for at least as long as you cook it. Serve with Béarnaise sauce, or your favourite sauces, salad or side dish, for a quick and impressive lunch or dinner. And use any leftovers to make delicious rare roast beef sandwiches! I use Scotch fillet because it has a little more fat, which melts during the cooking leaving its flavour behind, but eye fillet works well too. And in the glass? How about Soumah Cabernet Sauvignon, with its great savoury herbal notes.

Serves 2 (with leftovers for sandwiches)

INGREDIENTS

- 1 x 500g piece Scotch fillet
- Extra virgin olive oil, for rubbing
- Salt flakes, to taste
- Sauce Béarnaise, for serving (see below)

Sauce Béarnaise recipe at:

www.food-wine-travel.com/sauce-bearnaise

METHOD

1. Bring beef to room temperature.
2. Meanwhile, preheat oven to 180°C.
3. Rub beef all over with oil and sprinkle generously with salt.
4. Heat an ovenproof frying pan over high heat, add beef and sear for a minute or so on each side, until well-coloured.
5. Place in oven for 10 minutes, remove from oven, cover loosely with foil and set aside in a warm place for 15 minutes.
6. Slice thickly and serve warm with Sauce Béarnaise.