

beef fillet salad with watercress creme fraiche

serves 4-6



This is a very tasty dish that is easy to prepare well in advance. It is also a good way to eke out an expensive cut of beef, as once cooked and chilled, it is sliced very thinly and so can easily serve more than 4 people. You could use rocket instead of watercress for a change.

ingredients

550 - 550g / 1 lb 2oz - 1 lb 4 oz beef fillet (middle-cut)

1 tbsp olive oil

85g / 3 oz watercress

100ml / 3½ fl oz creme fraiche (you can use low-fat if you like)

2 tbsp mayonnaise

2 tsp horseradish sauce

salad leaves, to serve



method

Place the beef in a tight-fitting small roasting tin and pour over the oil. Turn the beef to coat all over then season with salt and pepper.

Place in a preheated oven (220C / 425F / Gas7) for 15 minutes then remove from the oven and leave for 10 minutes. Turn the beef over then leave to cool in the tin until completely cold. Then chill and cut into very thin slices.

Place the watercress, creme fraiche, mayonnaise and horseradish in a food processor and process until smooth then add salt and pepper to taste.

To serve, place some salad leaves all over a shallow serving dish, top with slices of beef then either drizzle over the sauce or serve the watercress in a separate bowl and let diners help themselves.

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