BEEF FILLET IN WALNUT AND THYME WITH TRUFFLED ZABAIONE, BROCCOLI AD VITELOTTE MUSHED POTATOES



Chef: Maurizio Ferrari

Menù Ingredients

75 g Crema di funghi prataioli al profumo di tartufo – Button mushrooms paste with truffle aroma - EXH07

Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

1200 g beef fillet

54 ml dried sherry

300 g milk

60 g butter

6 egg yolks

90 g walnut

150 g vitelotte potatoes

fresh thyme

leek

seed oil

pepper

salt

150 g speck

lemon juice

Method

For 6 people

Lay out the speck close together on a chopping board.
Place the beef fillet on top and roll it up with the slices of speck.
Roll the meat in a cloth and let it stand in the fridge for 2 hours.
Blend the nuts and thyme in a mixer.
Steam the broccoli, leaving them green and crunchy. Boil the vitelotte potatoes. Drain and peel them.
Whisk the potatoes with warm milk and a pinch of salt, to get a creamy mashed potato.
Prepare the zabaglione in a bain-marie.
In a metal bowl whisk the egg yolks with 2 spoons of warm water, until creamy and frothy.
Add slowly 150ml of extra virgin oil, the lemon juice and sherry, keep whisking.
Remove the zabaglione from the heat and add the Tartufata mushroom paste. Season to taste.
Remove the wrap from the beef fillet and slice in 4 portions of 200g each.
In a pan, heat 2 spoons of oil and 20g of butter.
Brown the pieces of beef, until they have a golden crust.
Spread the rest of the butter on a side of the beef and sprinkle with chopped nuts and thyme.
Finish cooking in a preheated oven at 200°C.
Then let it stand for 10 minutes.
Arrange the truffle zabaglione on a plate and place the fillet on top.
With the help of a piping bag, decorate with the mushed potatoes and 3 sprigs of thyme in 3 different areas of the plate.
Arrange the boiled broccoli and complete with the leek fried in sunflower oil.

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