

World Gourmet Summit 2004 Culinary Masterclass

The Cuisine of
Yan Yeung
Silks, Crown, Melbourne, Australia

Sautéed Beef Eye Fillet with Black Pepper Sauce



Serves 4

INGREDIENTS

2 x 150g	beef fillet Baking soda Potato starch Salt
¼ tsp	Coarsely ground black pepper
	Peanut oil Chicken stock Oyster sauce Mushroom soy sauce Shao Hsing wine
½ tsp	onion, brunoise
½ tsp (each)	red and green capsicum, brunoise
¼ tsp	crushed garlic
15g	unsalted butter Peppercorns Sugar, to taste Salt, to taste Potato starch, dissolved in a little cold water
150g	Raw spinach

Method:

- Season the beef eye fillets with baking soda, potato starch, salt and pepper. Set aside for 30 minutes. Heat some vegetable oil in a frying pan and sear the beef fillet for 2 minutes on each side. Then remove the beef from the pan and slice into bite-size pieces and place on a serving plate.
- Heat a wok, add a little peanut oil, chicken stock, oyster sauce, mushroom soy sauce and Shao Hsing wine. Add in the brunoise onion and capsicums, garlic, butter, peppercorns. Season with sugar and salt. Bring the mixture to a boil and thicken with potato starch. Keep warm.
- Blanch the spinach in a pot of boiling salted water for approximately 30 to 40 seconds. Drain well. Heat a clean wok with some oil and a pinch of salt. Add the blanched spinach and stir-fry for about 30 seconds.