

BEEF FILLET WITH RED WINE & HAZELNUTS

SERVES: 8

INGREDIENTS

8 beef fillets medallions
1/4 cup hazelnuts
butter to taste
1 cup red wine
flour to taste
salt, pepper to taste

METHOD

1. Tie the filet medallions with a string to ensure a regular shape even after cooking.
2. Pass each medallion in flour, taking care to cover the edges as well.
3. Heat a generous knob of butter over high heat and brown the medallions both on the sides and on the edges, until they have a succulent crust on the surface.
4. Salt the meat and wrap each slice of fillet in an aluminum foil bag. In the meantime, deglaze the cooking juices with the wine and let it reduce until the sauce begins to pull slightly.
5. Open the packets, remove the string from the fillets and place them on the plate, complete with a few tablespoons of wine reduction.
6. Add a garnish of coarsely chopped hazelnuts to each dish, a sprinkle of pepper and serve.