

# Fillet of beef with a Black Garlic Mushroom Duxelle served with a Black Garlic Port Wine sauce

Serves 2



## Ingredients;

- 2 beef fillet steaks
- Oil and butter for frying
- Salt and freshly ground black pepper
- For the Black Garlic Mushroom Duxelle
- 1 tablespoon of Olive Oil
- 25g butter
- 250g mushrooms – finely chopped
- 8 small shallots – finely chopped
- 100ml red wine
- 1 teaspoon of fresh thyme
- 3 cloves of peeled black garlic – finely chopped
- Salt and freshly ground black pepper
- For the Black Garlic Port Wine Sauce
- 100ml red wine
- 100ml port
- 100ml double cream
- 2 small shallots – finely chopped
- 2 cloves peeled black garlic – finely chopped

- Salt and freshly ground black pepper
- For the Black Garlic Croute
- 2 slices of white bread cut into circles – the same size as the fillet steak
- 1 tablespoon of olive oil
- 1 clove of peeled black garlic

## **Instructions;**

### **To make the Black Garlic Port Wine Sauce**

1. Place the port and the red wine into a saucepan.
  2. Add the shallots and the black garlic.
  3. Reduce the sauce by three quarters.
  4. Set aside
- To make the Black Garlic Mushroom Duxelle

1. Heat the oil and butter in a large frying pan.
  2. Gently fry the shallots until tender.
  3. Add the mushrooms and the black garlic.
  4. Fry gently for a few minutes.
  5. Add the fresh thyme.
  6. Add the red wine.
  7. Cook until there is no liquid left.
  8. Season with salt and freshly ground black pepper to taste.
  9. Set aside until ready to serve.
- When ready to assemble

1. Gently re-heat the Mushroom mixture.
  2. Gently heat the sauce and add the double cream. Heat through.
  3. Season with salt and freshly ground pepper to taste.
  4. Fry the bread in a little oil.
  5. Once crispy rub over a clove of black garlic.
  6. Keep warm.
  7. Fry the fillet steaks to your liking.
  8. Season to your liking.
- Place the croute on a plate.  
Top with a fillet steak.  
Place a spoonful of the mushroom mixture on the top of the fillet steak.  
Drizzle over the sauce.

