

# beef fillet served with an aubergine and polenta tower and soya glaze



## fillet medallions

- 200 g beef fillet, trimmed
- crushed black pepper
- four dried apricots

Leave apricots to soak in a bowl of cold water overnight. Trim the fillet and rub with oil and black pepper. Make a slit in the middle of the fillet and stuff the cavity with the apricots. Roast the fillet on a baking tray in the oven for 5-7 minutes until medium rare. Roast for longer if desired.

## aubergine and polenta tower

- 1 aubergine, cut into slices
- 60 g uncooked polenta

Leave the aubergine slices in salted water for 30 minutes to an hour to extract the bitterness. Rinse and pan fry at medium heat for 3 to 4 minutes. Cook the polenta with a teaspoon of salt in 120 ml of water. Add the polenta whilst the water is still cold or it could become lumpy. Cook on low heat for 15 minutes, stirring constantly.

## soya glaze

- 200 ml soya sauce
- 100 ml sugar
- 20 ml instant coffee

Boil all the ingredients together until reduced by a third. Cool the glaze.

## tuiles

- 4 egg whites
- 150 g flour
- 200 g sugar
- 60 ml melted butter

Whisk the egg whites till they froth. Sift in the sugar and flour and mix well. Add the butter and mix well. Pipe the batter into long, thin strips. Bake on a greased baking sheet at 210 degrees Celsius for 4-5 minutes. Remove from oven and shape tuile while hot.

## to serve

Drizzle the soya glaze on the plate. Using an open-ended mould, layer the polenta and the aubergine. Unmould carefully onto a plate. Slice the roasted fillet and arrange overlapping on the plate, next to the polenta. Garnish with the tuile and fresh rocket.

serves one

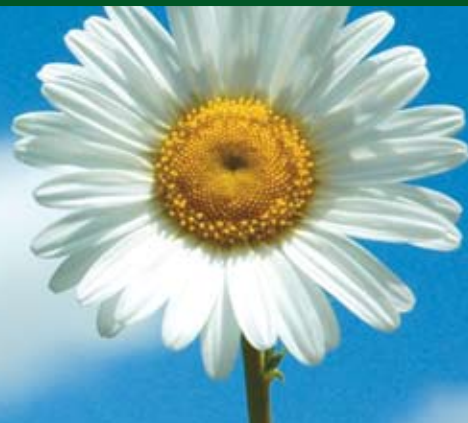
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