

BOEUF A LA FICELLE

This classic French peasant dish is simple, clean and presents elegantly. The name translates as 'beef on a string' because, in the traditional version, the beef fillet is trussed and suspended in a pot of simmering stock. Using Thermomix, we can get exactly the same result without any necessity for string sorcery.

Boeuf à la ficelle is a very clean dish that relies on the integrity of the produce. It makes a beautiful main course if you've started with my *Scallop Mouseline* recipe.



Eye fillet (also called tenderloin) is the deluxe way to go but other cuts like sirloin, rump and topside can work well too.

If serving this as part of a Christmas spread, you may decide to omit the poached vegetables. Any leftover beef is amazing in salad rolls the next day.

Serves: 4-6 as a main

Time: 50 minutes



INGREDIENTS

Boeuf a la ficelle

1500 grams (53 oz) beef stock
500-700 grams (17.6 - 24.6 oz) eye fillet, in one piece (ask your butcher to truss it, but if they don't, the dish will still be fine)

Vegetables

2 celery stalks
2 leeks, white part only, cut into 8 cm lengths
6-8 small parsnips, peeled and halved
8 small carrots, peeled but untrimmed
1-2 bay leaves (optional)

To serve

Cornichons
Mustard
Horseradish (fresh is best)



METHOD

Boeuf a la ficelle

1. Pour the beef stock into the mixing bowl.
2. Place the beef gently into the mixing bowl and top up with water to ensure beef is covered. Poach for **20 min/100°C (212°F)/Reverse/speed 1** (for medium rare, 25 minutes for medium). Stock may bubble onto the lid but it shouldn't overflow.
3. When time has elapsed, remove the beef from the mixing bowl and set it aside to rest in a warm place. While the beef is resting, poach the vegetables. Resting the beef while the vegetables are poached ensures that the muscle relaxes and the juices are retained.

Vegetables

4. Add the vegetables to the hot stock and poach **10 min/100°C (212°F)/Reverse/speed 1**.

To serve, snip any trussing twine from beef, slice it thinly and serve with vegetables, cornichons, mustard and freshly grated horseradish. Pour a little cooking broth over the beef and vegetables, if desired. The stock can be reused if it's brought to the boil and strained.

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Serves: 4-6 as a main



SHOPPING LIST:

- 1500 grams (53 oz) beef stock
- Eye fillet (500-700 grams / 17.6 - 24.6 oz)
- Celery stalks (2)
- Leeks (2)
- Parsnips (6 - 8)
- Carrots (8)
- Bay leaves (1 - 2)
- Cornichons
- Mustard
- Horseradish (fresh is best)



NOTES & TIPS: