



MR HANS

FRESH FAMILY FOOD

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MR HANS says it's...



Very Easy to Ambitious

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PDF of RECIPE





Spiced Fillet of Beef with Triple Cooked Chips & Balsamic Tomatoes

Prep Time: 1 Hour

Cooking Time: 20 to 25 Mins

Serves 2 to 4

INGREDIENTS:



- Beef Fillet Joint
-  [MR HANS's Dry Spice Rub](#)
-  Maris Piper Potatoes
- Vine Tomatoes
- Balsamic Vinegar
- Selection of Pickles

EXTRAS:

- Sunflower Oil (for deep frying)
- Olive Oil
- Sea Salt Flakes



EQUIPMENT:

- Oven
- Chopping Board
-  [Deep Fat Fryer](#) or [Air Fryer](#)
- Oven Proof Frying Pan
- Oven Proof Tray or Dish (optional)
- 1 x Tray (that will fit in the fridge)
-  [Meat Temperature Probe](#)



CHEAT INGREDIENTS:

- Shop Bought Chips

WHY THESE CHEATS ?

"There are so many Frozen & Fresh Chips available in supermarkets these days and the variety of premium and Triple Cooked Chips is growing. Making your own [Triple Cooked Chips](#) is worth a go. I am sure that you will be amazed by the end result." - MR HANS

METHOD:

This method is based on a 500g Beef Fillet Joint. Cooking times will vary based on the weight of the piece of Fillet. If you have a [Meat Temperature Probe](#) the ideal internal temperature is 55°C to 60°C for [Medium Rare](#). For homemade Triple Cooked Chips, a [Deep Fat Fryer](#) is best as they have a thermostat, but you can use a Wok and check the temperature of the oil with a kitchen thermometer. Maris Piper potatoes are the best for this recipe. For shop bought Chips, a useful gadget is an [Air Fryer](#) for perfect Chips every time.

TRIPLE COOKED CHIPS

- Peel the potatoes and cut them into thick chips around 1.5 cm thick (try to make them all similar in size)
- Place them in a large pan of cold water and bring to the boil, then simmer on a very low heat for exactly 10 minutes
- Carefully remove the Chips and place in one layer on a tray, then put in the fridge to cool for at least 30 minutes
- Heat the Oil in the Fryer (or Wok) to 130°C and carefully add the cold Chips to the oil. Cook for 6 minutes (do not brown)
- Remove from the fryer and lay out in one layer onto the tray again, then place back in the fridge for at least 30 minutes
- Heat up the Oil in the Fryer (or Wok) to 180°C and add the cold Chips back into the oil. Fry until golden brown
- Drain on some Kitchen Paper and pat dry. Sprinkle on some Sea Salt Flakes. They are now ready to serve

SPICED FILLET OF BEEF (Based on a 500g Joint)

- Brush a little Olive Oil over the Beef and then roll in [MR HANS'S Dry Spice Rub](#) (or a rub of your choice)
- Cover and leave to rest / marinade for around 1 hour. The Beef should be at room temperature prior to cooking
- Preheat the Oven to 220°C or 200°C Fan (If you do not have an ovenproof frying pan place an ovenproof dish/tray into the oven to heat up)
- Put a little Olive Oil into the Ovenproof Frying Pan and sear the Beef gently on all sides, being careful not to burn the spice coating
- Hull the top of each Tomato half way down into the fruit, and add some Balsamic Vinegar into the hole. Place them on the heated Tray and cook in the oven for 10 minutes (Keep the stalks as these can be used for presenting the Tomatoes on the final dish)
- After 10 minutes, put the Beef Fillet in the oven (either in the frying pan or transferred to the heated tray with the Tomatoes)
- Cook both for a further 10 minutes then remove from the oven and leave the Beef to rest for 5 mins before serving

If you have a [Meat Temperature Probe](#), the ideal internal meat temperature is 55°C to 60°C for [Medium Rare](#).

TEMPERATURE

Conventional Oven 220°C or 200°C Fan

Serve with Mayo & Horseradish Sauce on the side and a selection of Pickles