

GARLIC BEEF FILET WITH AVOCADO SAUCE

by Trish Stanley of Willyama

2015 Runner-up : Main Course

Ingredients (serves 4-6)

1 kg Beef Eye Filet

50gm Butter

1 Clove Garlic

1 Avocado

Juice half lemon

Oil



Method

Crush garlic into melted butter. Pour over filet. Cook in hot (220° C) oven for 10 mins. Turn down heat to moderate (180° C) & cook further 20 mins per kg for rare, 40 mins per kg for medium. If your oven won't stretch to 'hot', wrap filet in foil for first 10 minutes.

Prepare sauce, no more than 1 hour before serving as it will go brown. Push avocado through sieve. Blend in a little oil and lemon juice (as per taste).