

OVERALL time: 45 mins

MUSHROOM SAUCE- FILLET ON THE BRAAI - SAUCES 3 WAYS

Rich and creamy mushroom sauce is the perfect companion to a juicy fillet on the braai. Made with sautéed mushrooms, garlic, cream, and a hint of herbs, this sauce elevates the smoky, charred flavors of grilled meat. Its earthy depth and velvety texture create a mouthwatering combination, turning a simple barbecue into a luxurious dining experience.

Metric

Number of servings : 8

ingredients

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 30 mins

For the steak:

Prepare braai in advance to a medium high heat.

Remove fillet from the fridge at least 45 minutes prior to braaiing.

Top tip for even cooking:

If you have a fillet that has a significantly thin tail end, fold it under itself and tie it in place with butcher's string.

Trim off any excess silver skin.

Rub fillet with olive oil and season thoroughly with Cape Herb & Spice Seasoned Salt Grinder.

Transfer fillet to the braai and cover with a lid.

Cook over medium heat, turning occasionally, until it hits your desired final temperature.

This will take 15-20 minutes for medium rare, depending on the thickness of the fillet.

For perfectly medium rare, remove the fillet from the braai as soon as the internal temperature hits 52°C.

Allow to rest for 10 minutes.

As the steak is resting the internal temperature will continue to rise and reach the perfect 54°C.

Once rested, cut the steak into thick slices and enjoy with the sauce.

For the sauce:

Heat oil and butter in a large frying pan over medium high heat.

Add the mushrooms and cook, stirring occasionally, until they release all their moisture and turn golden brown.

Add the garlic and season well with Cape Herb & Spice Seasoned Salt.

Cook for one minute until fragrant.

Hold a lit long reach lighter in one hand.

Add the brandy with the other and light quickly and carefully.

Cook, shaking the pan, until the flames have died out.

Add the beef stock and cream and bring to a simmer.

Simmer gently, stirring occasionally, until thickened.

Finally stir through fresh thyme and taste to adjust seasoning.

Serve over freshly braaied fillet steak and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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