

**OVERALL time: 50 mins**

# **BEARNAISE SAUCE- FILLET ON THE BRAAI - SAUCES 3 WAYS**

Béarnaise sauce, a classic French favorite, brings a luxurious touch to fillet on the braai. Made with buttery egg yolks, tangy vinegar, and fragrant tarragon, this creamy sauce perfectly complements the smoky, charred flavors of grilled meat. Its rich, herbaceous profile transforms a simple braai into a sophisticated culinary delight, ideal for impressing guests.

Metric

**Number of servings : 8**

## **ingredients**

### **For the steak**

- 1.5 kg whole beef fillet
- Cape Herb & Spice Seasoned Salt, to taste
- 30 ml olive oil

### **For the sauce**

- 125 ml dry white wine
- 60 ml white wine vinegar
- 5 stems of tarragon (leaves removed for finishing the sauce)
- 1 small shallot, finely diced (when unavailable, use red onion)
- 2 large egg yolks
- 170 g butter
- Cape Herb & Spice Seasoned Salt, to taste
- Tarragon leaves from ± 5 stems, chopped

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 20 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:

Combine wine, vinegar, tarragon stems and shallot in a small saucepan.

Simmer until reduced by half.

Strain the liquid through a fine mesh sieve. Place reduction and egg yolks in a small jug / vessel that snugly fits the head of a stick blender.

Season with a generous amount of **Cape Herb & Spice Seasoned Salt**.

Melt butter in a small saucepan over high heat, swirling constantly.

Place the stick blender in the bottom of the jug and switch it on.

With the blender constantly running, slowly drizzle the hot melted butter into the jug.

Continue blending and slowly pouring as the sauce emulsifies and thickens.

Once the sauce is thoroughly blended, scrape into a small bowl.

Taste to adjust for seasoning and acidity.

*You can add a little lemon juice or more vinegar for a punchier flavour.*

Add the chopped tarragon and stir through.

Serve straight away 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>

Metric

## ingredients

### For the steak

- 1.5 kg whole beef fillet
- Cape Herb & Spice Seasoned Salt, to taste
- 30 ml olive oil

### For the sauce

- 125 ml dry white wine
- 60 ml white wine vinegar
- 5 stems of tarragon (leaves removed for finishing the sauce)
- 1 small shallot, finely diced (when unavailable, use red onion)
- 2 large egg yolks
- 170 g butter
- Cape Herb & Spice Seasoned Salt, to taste
- Tarragon leaves from ± 5 stems, chopped

**Number of servings : 8**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 20 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:

Combine wine, vinegar, tarragon stems and shallot in a small saucepan.

Simmer until reduced by half.

Strain the liquid through a fine mesh sieve. Place reduction and egg yolks in a small jug / vessel that snugly fits the head of a stick blender.

Season with a generous amount of **Cape Herb & Spice Seasoned Salt**.

Melt butter in a small saucepan over high heat, swirling constantly.

Place the stick blender in the bottom of the jug and switch it on.

With the blender constantly running, slowly drizzle the hot melted butter into the jug.

Continue blending and slowly pouring as the sauce emulsifies and thickens.

Once the sauce is thoroughly blended, scrape into a small bowl.

Taste to adjust for seasoning and acidity.

*You can add a little lemon juice or more vinegar for a punchier flavour.*

Add the chopped tarragon and stir through.

Serve straight away 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>