

Chargrilled Eye Fillet Steak & Mushrooms with Mustard Butter



We all know that eating out in fine dining restaurants is an incredibly expensive exercise these days. You would be hard pressed to have a 3 course meal with wine for under \$100-\$150 ahead. The answer to this problem? Cook these delectable little parcels of melt in your mouth beef fillet, topped with a fat, juicy, earthy mushrooms and a tangy mustard butter for.....\$60 for 8 people! NO WAY!! Yes my friends, you can have restaurant quality food in your own home for a fraction of the price, with very little effort and a whole lot of "OMG, this is amazing" and unbridled adoration from your guests. Oh, and a husband that is a master on the BBQ helps a little ☐

Prep time: 10 minutes
\$\$ Medium Budget

Cooking time: Approximately 12-15 minutes

Serves 8

2tbs of olive oil

1.2 kg or 2 whole Eye Fillet cut into 8 equal portions (approximately 1.5 inches thick)

8 medium sized flat mushrooms

80gm of unsalted butter, room temperature

1 tbs of seeded mustard

2 tbs of vino cotto*

A squeeze of lemon juice

1 tbs of flat leaf parsley, finely chopped

Sea salt and Pepper

When cooking steak it is important to have it at room temperature before cooking, particularly if you like it medium rare. This will ensure that it

is warm in the middle.

Brush the steaks with olive oil and season well just before cooking.

Place the softened butter in a small mixing bowl and add the mustard, vino cotto, lemon juice and parsley and season with salt and pepper. Mix well to combine but don't worry if it looks a little 'split'. Spoon the mixture onto a piece of grease proof paper and roll the butter into a cylinder shape about 2-3cm in diameter. Twist the ends of the paper to make it nice and tight and pop it in the fridge for 30 minutes to set.

Heat your BBQ grill or a griddle pan to nice and hot. Drizzle the mushrooms with a little olive oil and cook on both sides for approximately 5-6 minutes or until tender. Set aside on the BBQ to keep warm.

Place the seasoned steaks on the grill and cook for approximately 6 minutes on each side for medium rare. The best way to tell when a steak is ready to be turned is when the blood just starts appearing on the surface. When cooked remove from the heat and set aside to rest for approximately 6 minutes.

Unwrap the butter and slice into 8 equal portions, place a knob of butter on top of the mushroom and place a mushroom on top of each piece of fillet.
Yep, it is that easy!