



Roast fillet of beef with shallot & mushroom sauce

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 piece ¼kg centre-cut beef fillet trimmed
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 tbsp olive oil
- ☐ 8 shallots peeled finely sliced
- ☐ 20 button mushrooms finely sliced
- ☐ 75 ml sherry vinegar
- ☐ 1 bottle red wine fruity such as rioja

- ☐ 1l beef stock
- ☐ 25 g butter cold

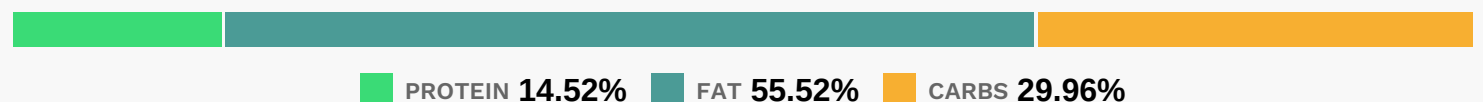
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ To make the sauce, heat the olive oil in a large frying pan.
- ☐ Add the shallots and mushrooms, then fry for about 10 mins until golden and caramelised.
- ☐ Pour in the vinegar, then simmer until almost evaporated.
- ☐ Add the red wine, then simmer until almost evaporated.
- ☐ Add the beef stock, bring to the boil, then reduce by two-thirds. Pass the mixture through a fine sieve, then keep warm until ready to serve. Can be made the day before and reheated.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Season the beef generously with salt and pepper.
- ☐ Heat the sunflower oil in a large ovenproof frying pan on a high heat.
- ☐ Add the beef, then sear for 10 mins, turning, until browned all over.
- ☐ Transfer to the oven, then roast for approximately 20 mins, turning after 10 mins. This will give you beef that is medium rare; for medium, roast for an extra 5 mins. Allow the beef to rest on a rack, loosely covered in foil, for 10 mins, then slice into 6 thick slices.
- ☐ Add all juices from the beef to the sauce, then gently heat the sauce up and whisk in the butter.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:2.33, Inflammation Score:-6, Nutrition Score:10.519565144311%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 261.05kcal (13.05%), Fat: 10.79g (16.6%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 11.37g (4.13%), Sugar: 5.63g (6.26%), Cholesterol: 8.96mg (2.99%), Sodium: 374.94mg (16.3%), Alcohol: 13.25g (100%), Alcohol %: 4.02% (100%), Protein: 6.35g (12.7%), Vitamin B2: 0.47mg (27.57%), Potassium: 800.81mg (22.88%), Vitamin B3: 4.23mg (21.15%), Vitamin B6: 0.35mg (17.43%), Copper: 0.34mg (17.04%), Phosphorus: 160.51mg (16.05%), Vitamin E: 2.39mg (15.91%), Manganese: 0.3mg (14.97%), Selenium: 8.92µg (12.74%), Vitamin B5: 1.14mg (11.37%), Iron: 1.84mg (10.2%), Magnesium: 40.42mg (10.11%), Vitamin B1: 0.14mg (9.08%), Fiber: 1.73g (6.93%), Folate: 27.42µg (6.86%), Zinc: 0.95mg (6.33%), Vitamin C: 4.13mg (5.01%), Calcium: 39.64mg (3.96%), Vitamin K: 2.88µg (2.75%), Vitamin A: 107.96IU (2.16%)