

# fillet barrel with wild mushroom & garlic butter

roast



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

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*cooking time from: 20 minutes*

## method

Remove your beef out of the packaging, pat dry and bring to room temperature.

Preheat the oven to 180°C fan-assisted or 200°C for ovens without a fan (gas 6).

Season the beef liberally with sea salt just prior to cooking and massage with a little dripping or schmaltz.

Over a high heat place a griddle or heavy-based frying pan until it sizzles when you add a drop of oil.

Sear the beef on all sides over high heat creating a rich, dark crust then transfer to the oven and roast for approximately 15 minutes turning occasionally.

Baste the beef with the butter for the final few minutes of cooking.

For rare beef, press the fillet in the thickest part with your thumb; it should have a slight spring to touch and a core temperature of 50°C before resting.

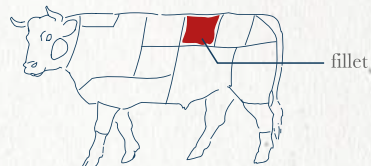
Leave to rest in a warm place for half the cooking time before carving.

## serving suggestions

Serve with gratin dauphinoise, red wine sauce and tender stem spinach.

## for best results, roast this cut

Core Temperatures	Before Resting	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	58-60°C	60-62°C
Well Done	65-68°C	70-75°C



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