

Earl Grey Seared Australian Beef



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- Sub Category Name
Food
Savory
- Recipe Source Name
Dilmah Vivid Tea

Used Teas



Vivid Aromatic Earl
Grey Tea

Ingredients

Earl Grey Seared Australian Beef

- 300g Beef Tenderloin
- 1.2Lt Water
- 100ml Milk (High Fat Content)
- 10g Butter (High Fat Content)
- 10ml Olive Oil
- 50g Sour Cream
- 1 Lemon, Zest (Fresh)
- 2 sheets of gelatine
- 90g Horseradish (Fresh)



- 250g Dilmah Vivid Aromatic Earl Grey Tea
- 1 pint Mixed Mushrooms
- 200ml Cream (High Fat Content)
- 1 Lemon. Juice (Fresh)
- 50g Creme Fraiche
- 150g Sugar (CSR)
- 1 pint Micro Salad Mix
- 2 pint Assorted Australian Native Succulents

Horseradish Pannacotta

- 90g horseradish
- 100ml milk
- 50g creme fraiche
- 200ml cream
- 2 sheets of gelatine
- 50g sour cream

Methods and Directions

Earl Grey Seared Australian Beef

- Clean Beef Tenderloin and cut in half. Shape Beef by rolling into a round shape with cling wrap and set in fridge or freezer overnight.
- Make Earl Grey tea marinate with the tea and water making a strong brew (5 to 7 minutes) to marinate the beef. When using the brew make sure the marinade is at 40 degrees then marinate for 30 to 45 minutes.
- Remove Beef from marinade then place Beef into Earl Grey Syrup for 30 minutes to continue marinating.
- Remove Beef from Syrup, ensuring you keep both and set aside.
- Roll Beef in dry Earl Grey tea until fully covered.
- Sear Beef Tenderloin on all sides to golden in colour. Let Beef rest after being seared and then slice.

Cold Drip Tea

- *Using a cold drip apparatus:*
- Fill your top chamber with 500ml mineral water (we prefer Aequo Panna) and cover with lid.
- Add 15 grams of tea leaves to the middle chamber and wet them ever so slightly.
- Cover with a pre moistened paper filter- this will assist with spreading the water drops evenly.
- Turn your drip lever under the top chamber until you are obtaining a 1-2 drip per second speed onto your tea leaves.
- Leave to drip for approximately 6 hours. or until the top chamber is empty.



Earl Grey Dressing

- Using remaining liquid from the beef marination. Put all liquids in a pot and reduce with 150g sugar on a med to high heat until it comes to a thick consistency. Now add lemon juice. The Syrup will become the dressing for the beef.

Horseradish Pannacotta

- Bring all ingredients to the simmer, soak gelatine, take mixture off heat. and add gelatine and season.
- Place into tray. Cut or scoop out of tray to serve.
- Assemble Tea Beef Carpaccio. Mushroom. Horseradish Pannacotta. Lemon Zest. Earl Grey Dressing and Australian Native Succulents.

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