



Errichel Rare Breed Shetland Beef Fillet Teriyaki with an Asian Style Salad

INGREDIENTS (Serves 4)

Teriyaki Dressing & Marinade

- 4 tbsp Aberfeldy Honey
- 8 tbsp Light Soy Sauce
- 8 tbsp Mirin
- 4 tbsp Sake
- 4 tsp Fresh Ginger Grated
- 2 Garlic Cloves Grated
- ½ Red Chilli Finely Chopped
- 2 tsp Soft Brown Sugar

600g Errichel Shetland Beef Fillet seasoned the Freshly Ground Black Pepper
Splash of Rape Seed Oil

Asian Salad

- 2 Heads of Pak Choi
- 2 Large Heritage Carrots
- 1 Red Pepper
- 8 Baby Corn
- 1 Yellow Courgette
- 1 Green Courgette
- 1 Red Onion

To Finish

- 100g Blairgowrie Blackberries
- Large Knob Salted Scottish Butter
- Generous Spoonful of Paul's Gooseberry Jam



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METHOD

Combine all the Teriyaki ingredients in a large bowl & Mix well.

Half the Teriyaki between 2 containers.

Place the Beef Fillet into one container.

Reserve the other container for the Asian Salad.

Allow the fillet to sit covered in the marinade for at least 15 minutes.

Finely Slice all the Salad ingredients lengthways; as thick as a matchstick is perfect.

Take your time over this it helps the crunchy vegetables to hold the dressing.

Heat a splash of rapeseed oil in a large heavy based fry-pan or planchette.

Sear the beef on all sides, the fillet should not cook through you want it to be served rare.

The length of cooking time will depend on the thickness of the fillet.

Cover with foil & place to one side to rest.

Place all the sliced salad ingredients into a large bowl and mix together.

Add the reserved Teriyaki Dressing and mix well.

In the fry-pan you used for the beef heat the butter – don't allow it to burn.

Add the blackberries & Gooseberry Jam.

Cook for about 1 – 1 ½ minutes only.

To assemble the dish –

Place the salad into your serving dish.

Slice the Fillet crossways about 1cm wide slices is perfect.

Place the fillet across the top of the salad.

Finish with your Blackberries and a good grind of Black Pepper. You're done – enjoy!

