



Pistachio & Herb Crusted Shetland Beef Fillet
Shetland Beef from Paul's own Stock Reared on Errichel Farm

Ingredients

Shetland Beef Fillet

Herbed Crust

Ground Pistachios (Unsalted Kernels)
Fresh Thyme, Sage, Rosemary
Scottish Porridge Oats
Galloway Grain Mustard
Freshly Ground Black Pepper
Smoked Sea Salt

Carrot Puree

Scottish Heritage Carrots – Honeysnax are delicious
Freshly Ground Black Pepper
Smoked Sea Salt

Potatoes

Ayreshire New Season Potatoes Boiled & Crushed
A handful of steamed Wild Garlic Leaves

Braised Red Cabbage

red cabbage – finely shredded – a mandolin is ideal
½ bottle of red wine (A spicy Shiraz is great)
red wine vinegar
A good pinch of sea salt flakes
Freshly Ground Black Pepper
star anise
cinnamon stick
dark brown sugar

Blackberry Reduction

Cold Pressed Rapeseed Oil
knob of butter
red onion – finely sliced
A good pinch of sea salt flakes
freshly ground black pepper
red wine
good quality beef stock (or make your own)
golden caster sugar
sprigs of rosemary – on stalk



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Method

Herbed Shetland Beef

Oven 180 degrees centigrade

Place all ingredients; except the beef, into a mini blender and blitz until you have a fairly fine grain mixture.

Brush the fillet with a little oil and then roll in the herbed mixture until the loin is very well coated.

In a heavy based, oven proof frying pan heat a teaspoon of oil until just off smoking.

Sear the fillet on all side (don't forget to sear the ends also).

Place the pan into the oven and roast the loin; 10 - 12 minutes will be rare / 13 - 15 minutes will be medium.

Remove from oven and cover with foil and then a clean tea towel. Allow to rest for at least 30 minutes.

Slow Braised Red Cabbage

Oven 160 degrees centigrade

Place all the ingredient into a large roasting pan.

Mix thoroughly ensuring the sugar dissolves and is evenly distributed at this stage.

Please in the centre of the oven and cook for 35 – 40 minutes until soft and tender but not completely broken down.

Stir a couple of times during cooking.

Roasted Heritage Carrot Puree

Oven 160 degrees centigrade.

Season the carrots and wrap in a tight foil package and place in the oven.

Cook for 35 minutes carrots are tender.

Pass through a fine mesh sieve and then beat with a wooden spoon for a light, creamy puree.

Blackberry Jus

In a heavy based saucepan heat splash of oil & the butter.

Add onion and allow to cook over a low heat for 5 minutes.

Add the rest of the ingredients and cook over a medium to high heat for around 10 – 15 minutes. The jus will reduce and thicken. Remember to stir occasionally.

Remove from the heat and pass through a sieve to remove the blackberry cores and the rosemary stalks.

To Finish the Dish

Remove fillet from pan and cut into 4 portions.

Place the Crushed Potatoes into the centre of the plates, top with wilted garlic leaves and top with a portion of cabbage. Add the Carrot Puree.

Finish with the Beef Fillet, drizzle the jus round the plate.

Scatter a few blackberry halves over the plate. ENJOY!

