

braised beef tenderloins with root vegetables & scallions in filo pastry

Pampas

Ingredients (Serves 4)

2 tablespoons Reward Cooking Oil
salt and pepper
2 tablespoon flour
1500g diced beef tenderloins
1 Spanish onion, cut in slices
3 tablespoons tomato paste
1 litre beef stock
1 carrot, peeled and diced
1 turnip, peeled and diced
150 g green beans, diced
12 medium size scallions, peeled and washed
1 teaspoon chopped thyme

24 sheets of Pampas Filo Pastry

1/4 cup melted butter

Method

Heat the REWARD Cooking Oil in a large brat pan, season the beef with salt and pepper and dust with flour, seal the meat from all sides. Now add the onions and tomato paste, cook for another 5 minutes, then add the beef stock and place in the oven at 180 degree for about 15 min, or until cooked. Check regularly and turn the beef around.

Now add the diced root vegetables, scallions and the thyme and return to the stove. Simmer until the vegetables

are cooked. If the mixture is too thick, add more beef stock. Check for seasoning and fill equal amounts into 4 earthenware bowls.

Divide the Pampas Filo Pastry Sheets and brush generously with melted butter; place the sheets on top of each other; cut to the size of the earthenware bowl and cover the bowl. Bake in the oven at 220 degrees for 15 minutes.

For presentation, cut lid off to display the filling and pastry.

Raw food cost: \$3.23 however a cheaper cut of beef can be used.

Recommended selling price: \$9.50 (the profit margin is calculated at 30%.)

