

## MASTERCHEF

### Fillet Steak in Black Bean Sauce, Pak Choi with Asparagus Fried Rice

#### RECIPE FROM LARKIN CEN



**Prep time: 30mins**

**Cook time: 40mins**

**Serves 4**

#### **Ingredients**

##### **Fried Rice**

- 400g jasmine rice, washed
- 2 bunches of asparagus, woody end removed and thinly sliced on the angle
- 2 Eggs, beaten
- 1 Onion, peeled and finely chopped
- 2 tablespoons Light Soy
- 1 teaspoon sesame oil
- 1 bunch spring onions, finely sliced

##### **Black bean sauce**

- 200g Preserved Black Beans
- 4 Garlic cloves, peeled and finely chopped
- 100g caster sugar
- 20ml Dark Soy
- 4 Thai chillis, finely sliced
- A handful of dried Shitakes

##### **Filet Steak**

- 1kg Fillet steak
- 2 knobs butter

Olive Oil

Pepper

### **Roasted peppers**

1 red pepper

Olive oil

### **Pak choi**

2 medium heads of Pak choi

Salt

Pepper

Olive Oil

### **To garnish**

1 punnet micro coriander

### **Method**

Preheat an oven to 100C

### **Fried Rice**

- 1) Fill a rice cooker with the rice and add enough water so that it sits 1.5cm above the surface of the rice.
- 2) Next, cook and steam the rice according to the rice cookers instructions, remove and cool in the fridge for 20 minutes.
- 3) Add some oil to a wok on a high heat. Once the oil is smoking add the asparagus and eggs and onions and quickly stir-fry quickly
- 4) Add the rice and toss until the rice is separated
- 5) Once piping hot add the soy sauce and sesame seed oil and spring onions
- 6) Serve immediately.

### **Black bean Sauce**

- 1) Soak the shitakes in 300ml of boiling water for 10mins.
- 2) In a large saucepan mix the preserved black beans together with the chillies, garlic, sugar and dark soy and then add 200ml of the shitake soaking water, bring to the boil, reduce the heat and simmer for 15-20mins.

### **Fillet Steak**

- 1) Half the beef fillet lengthways and half again lengthways to create 4 lengths of beef.
- 2) On a high heat add some oil to a frying pan and pan fry on high heat and seal the steak on all sides until browned.
- 3) Once browned turn off the heat, add the butter and baste the steak with the foaming butter.
- 4) Once basted transfer to a baking tray and place into an oven and roast at 110c for 30 minutes until medium rear.
- 5) Rest for at least 10 minutes.

### **Roasted peppers**

- 1) Turn on a hob and roast the peppers directly on the heat
- 2) Once blackened transfer the peppers to a bowl and cover with cling film
- 3) Leave and rest for about 20 minutes
- 4) After 20 minutes remove the cling film and peel the blackened exterior off the Peppers.
- 5) Then cut the peppers in half and remove the seeds.
- 6) Slice a slither of 1 inch in width
- 7) Put onto a baking tray and reserve

### **Pak Choi**

- 8) Blanch the pak choi in a large pan of boiling water for 2 minutes and refresh in ice water.
- 9) Before serving heat a wok with a little oil over a high heat, add the pak choi and stir fry quickly until lightly golden.
- 10) Season and set aside

### **To Serve**

- 1) Smear the black bean sauce onto the plate.
- 2) Trim the edges of the steaks and place on the plate
- 3) Put the steak on top of the black bean sauce
- 4) Dress the plate with the pak choi around the steak
- 5) Place two peppers diagonally across each other on top of the steak
- 6) In a small bowl add some of the asparagus fried rice and put onto the plate
- 7) Garnish the plate with some micro coriander