

VeraVia – Beef Filet with Kabocha Puree and Sautéed Mushrooms

Ingredients for Beef Filet:

2, 4 oz. grass fed, pasture raised beef filets
2 tsp, ghee
Salt and pepper

Method:

- Season and brush with ghee just before cooking on hot grill until desired doneness.

Ingredients for Kabocha Puree:

¼ kabocha squash, peeled, seeded, cut into 8 pieces, seasoned with salt and pepper and steamed for 15 minutes or until soft
¼ tsp grated ginger juice, ginger meat squeezed of it's juice by hand into a small bowl
Salt and pepper

Method:

- Place kabocha in food processor. Add ginger juice and 1 teaspoon of butter. Taste to adjust seasoning and keep warm. Set aside.

Ingredients for Sauteed Mushrooms:

2 large handfuls mixed wild mushrooms
1 tsp. ghee
1 tsp. olive oil
1 garlic clove, crushed and finely minced
1 tbsp. stock or bone broth
1 tbsp. mixed fresh thyme, sage and parsley

Method:

- Heat cast iron skillet to high. Add butter and olive oil.
- Add mushrooms. Sautee until golden.
- Continue to saute and add garlic. Stir until aromatic.
- Add stock or broth and reduce until almost evaporated. Add herbs and salt and pepper to taste. Set aside.
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Putting it all together:

1. Assemble squash puree. Keep warm.
2. Saute mushrooms. Keep warm.

Grill filets until desired temperature. Let rest 10 minutes before serving. While resting re-heat vegetables and serve all together garnished with fresh thyme sprigs.