
Fillet of Beef in a Soy Honey Glaze

Instructions

Put the honey, white wine, soy sauce and rice vinegar in a small pan together with the ginger and bring to a simmer. Turn off, and leave to infuse the ginger for half an hour or more.

Make sure there is no fat or membrane on the outside of the fillet. Put a couple of tablespoons of the glaze into a plastic bag with the fillet, and squidge it around a bit to coat the beef. Leave for a couple of hours in the fridge, or overnight.

Heat the oven to about 220°. This largely depends on your oven – I have one oven that I heat to 220° and one that I only heat to 200°.

The choice of container for the beef is very important. Choose something that is not much bigger than the beef (eg a loaf tin) or put a foil container of an appropriate size inside a bigger tin. This is because you are going to pour the glaze over for the last 10 minutes, and if it spreads over a large area, it will burn and dry out!

Heat a frying pan with a little olive oil, and quickly brown the beef all over on the outside. Transfer the beef to the tin. Cook for about 15 minutes. This depends on how thick the fillet is and how well done you like your beef.

Meanwhile, use a little of the glaze to mix with the cornflour - add back to the pan and bring to the boil. Simmer until the cornflour is cooked and the glaze is thick and glossy.

Remove the beef from the oven, pour over half the glaze and return to the oven for another 10 minutes.

Remove, and rest for at least 10 minutes covered in foil. If leaving for longer, put a tea towel on top of the foil. When rested, pour any excess glaze and juices back into the pan with the rest of the sauce, and re-heat.

Slice the beef quite thinly, and pour the glaze over.

Incredibly simple, and absolutely delicious.

Serves 4.

Ingredients

500 gm fillet of beef in one piece
3 tbsp honey (runny)
2 tbsp white wine
1 tsp cornflour
4 tbsp soy sauce
1 tbsp rice vinegar
2 pieces fresh ginger (peeled) –
about the size of a £1 coin