Eye Fillet Roast with Pepperberry & Cherry Flavour Pearls

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Our simple recipe for **Eye Fillet Roast with Pepperberry & Cherry Flavour Pearls** is a fabulous way to enjoy a Steak Dinner with family and Friends when BBQ season is over. Eye Fillet (also known as Tenderloin) is a tender and lean cut of meat so you can enjoy every bite. I cooked ours medium rare to

medium but by all means if you prefer it to be cooked more just leave it in the oven a little longer.

It's generally a more expensive cut to purchase per kg but you will have very little waste. I selected a centre cut piece from Aldi. The centre cut will give you a more even thickness. If your local Supermarket doesn't have 1/2 or whole cryovac pieces just pop in to a Butcher and ask for it specifically. They can cut what you need and generally offer a nicer quality meat. The Butcher may also truss it for you too if you ask.

What you'll need – serves 4 – 8

- 1kg Eye Fillet – Centre Cut piece
- Butchers Twine (or not, it will still be delicious)
- Olive Oil
- Butter 2 – 3 tbs
- Thyme or Rosemary sprigs
- Garlic – crush (optional)
- Salt & Pepper
- Meat Thermometer – to take out the guesswork!
- Pepperberry & Cherry Flavour Pearls

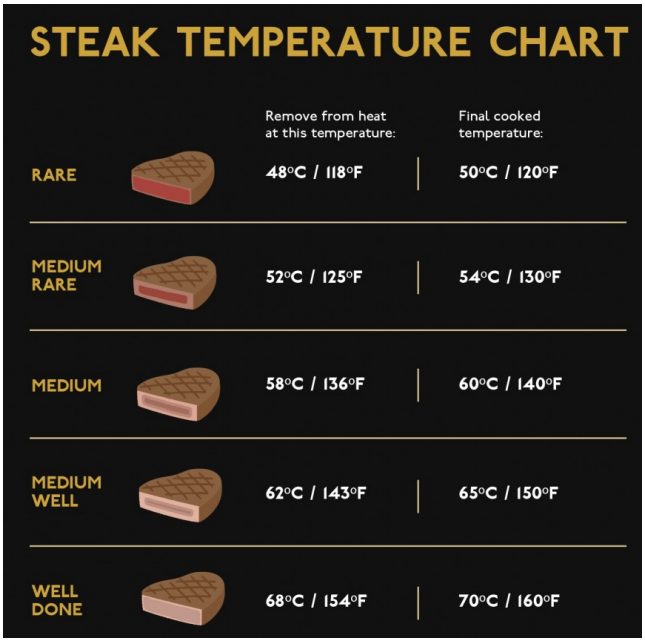
To do

Set your oven to 200c.

Trim off any silvery sinew from the Eye Fillet and truss with the butchers twine to keep the shape nice and uniform. Take a peek at this short video to show you how. I quite like to add some chopped Thyme or Rosemary into some Olive Oil and give the meat a good coating of this. Add a little Garlic too if you like. **This can be done the day prior.

Next

For best results allow the meat to come to room temperature before cooking in the oven. Season the meat well with Salt & Pepper all over. Pop a large heavy fry pan on the stove at a high heat. Sear the meat on all sides to get a nice dark crust. Pop it onto a tray then into the oven. Check the internal temperature with a meat thermometer after 20 minutes. I took my Eye Fillet out when I had an internal temperature of 54c. When the meat is cooked to your desired doneness lightly cover it with a little tin foil and allow it to rest in a warm place for 10 – 15 minutes.



**If you seal off the cold Eye fillet before your guests arrive it will be room temperature when you are ready to pop it in the oven.

To serve

Remove the twine and simply slice your rested Eye Fillet into slices and place onto a platter. If you find it a bit hot to handle just pop on a pair or two of plastic food gloves. A drizzle of melted butter with herbs and a touch of Garlic would be delish here too (I was rushing and forgot this step but it would definitely add to the yum factor). Add a few

fresh herbs for prettiness and finish with some **Pepperberry & Cherry Flavour Pearls**.

Until next time

From the Peninsula Larder Team

> ***“If you don’t eat yer meat, you can’t have any pudding.”***
>
> ***– Another Brick in the Wall – Pink Floyd***

**If you’d prefer a different flavour…take a peek at our other flavours, just click HERE There are plenty of others to choose from.