

Beef fillet with vegetable caponata and Rubesco sauce



Ingredients
(4 servings)

1 beef fillet of 400-500 gr, 1 sweet yellow pepper, 1 sweet red pepper, 1 zucchini, 1 eggplant, 1 clove of garlic, 1 shallot, 1 litre of Rubesco, 100ml of veal demi-glace, salt and pepper; a small bouquet of aromatic herbs such as rosemary, thyme, chervil.

For the pepper crust: 200 gr of whipped butter, 500 gr of sandwich bread, 100 gr pink pepper, 100 gr black pepper, 200 gr grated parmesan cheese, salt and pepper

Method and
preparation

Chop the vegetables into cubes and sauté each type separately. When still firm, remove from heat.

Clean the fillets and cut into 4 medallions, sauté in the saucepan with garlic and herbs. Cover each one with a slice of the pepper crust, place in a 200°C oven and cook until desired doneness, medium or rare.

For the sauce, add red wine to the saucepan where you sautéed the meat, adding shallot and reducing until half the volume, adjusting the density with the demi-glace.

Serve the fillet on a plate, placing it in the centre with the vegetables on one side, and then place the crust on the fillet; decorate with sauce and with cherry tomatoes and herbs.

For the
pepper
crust

Whip the butter. When it is foamy add the parmesan, the pink and green peppers, salt and black pepper as needed.

Then add the bread which has previously been crumbled in a food processor. Form a log shape and refrigerate until firm. Cut into 4 slices and place on the medallions before putting into the oven.

Wine: Lungarotti Rubesco Riserva Vigna Monticchio