



WINEMAKER'S SELECTION

Rolled Beef Fillet with Balsamic and Red Wine reduction

This is a decadent dish which calls for a decadent wine, I love the rich texture of the Cathedral Cellar Cabernet Sauvignon and it goes hand in hand with the gorgeous deep smoky flavours of the marinated grilled fillet. Marinate the meat a day or two in advance and prepare with enough resting time before serving to your guests. This recipe is easy to prepare and is perfect for a large group of friends and family.

Serves: 6

Preparation Time: 10 minutes + overnight | Cooking Time: 20 minutes

- 1 beef fillet, approx. 2kg, cleaned of any sinew
- 1 bottle of Cathedral Cellar Cabernet Sauvignon
- 3 tablespoons of whole mixed breyani spices (coriander, fennel, star anise seed, cinnamon, cumin, cardamom, bay leaves and cloves)
- 250ml (1 cup) Willow Creek Cabernet Sauvignon or
- Pomegranate balsamic vinegar
- 2 tablespoons brown sugar
- Mix of seasonal vegetables (baby aubergines, cabbages, tender stem broccoli and green beans)

Place all the spices in a frying pan on a medium heat and toast until fragrant.

Put the spices in a pestle and mortar or in a jug blender and grind until it forms a powder.

Rub the spice mix into the fillet and place into a container.

Pour over the bottle of Cathedral Cellar Cabernet Sauvignon and place into the fridge overnight.

Take out the fillet from the fridge the next day and strain off the marinade into a sauce pan.

Pour the balsamic vinegar and sugar with the sauce pan with the marinade and bring to a boil.

Boil the mix until it becomes slightly thick and it covers the back of a spoon. You can braai the fillet or pan fry it for approx. 10 minutes per side.

Let the fillet rest for about 10 minutes and slice according to your preference. You can grill the vegetables on the braai or on a griddle pan until charred but still crispy.

Place your fillet slices on a platter.

Pour over the hot balsamic reduction and serve with the grilled vegetables.

