

Jason Pettit – Capital Radio Recipe



Decadent Beef Fillet 'Saltimbocca' (sal - tim - bokka) Style

This a restaurant style dish that is sure to wow your friends and family. Medallions of Beef fillet are flattened, seasoned with fresh sage leaves then topped with Bresaola (cured thinly sliced Beef).

Ingredients – serves 4 people

4 ea	beef fillet steaks (flattened to approx. 8mm thick, 150gm each)
8 ea	fresh sage leaves
8 ea	slices of Bresaola (thinly sliced cured beef)
	<i>salt & black pepper to taste</i>
2 Tbsp	cooking oil
2 Tbsp	butter (approx. 90gm)
1 cup	grape juice (white or red)
8 ea	fresh sage leaves
6 Tbsp	butter (approx. 90gm)
	<i>salt & black pepper to taste</i>
1 ea	lemon (sliced or quartered)

Serve with polenta, mashed potatoes or boiled new potatoes, green beans or tender stem broccoli and sliced or quartered lemons.

Jason Pettit – Capital Radio Recipe

Method

Prepare the beef saltimbocca's by placing them between sheets of clingfilm and gently bashing them to an even shape and thickness of approx. 8mm.

Place 2 sage leaves on top of each piece of beef.

Layer 2 slices of bresaola over the sage to cover the beef fillet – tuck any overhang underneath.

Repeat until all 4 are prepared.

Pre-heat a grill pan or skillet over a medium high heat then add the 2 Tbsp of butter and 2 Tbsp of oil.

Swirl the pan to merge the butter and oil together (the butter will foam as it melts).

Season the saltimbocca's lightly on both sides with salt and black pepper.

Once melted together, place 2 saltimbocca's into the pan carefully – place bresaola side down first.

Cook for 2 - 3 minutes and then turn and cook for a further 2 - 3 minutes.

Once cooked to your preference, remove from the pan and keep warm.

Add grape juice and 8 sage leaves to the pan and bring to the boil – use a wooden spoon to lift all cooking residue from the bottom of the pan.

Reduce the liquid by almost half then reduce heat to a gentle simmer.

Add the butter 1 Tbsp at a time and whisk in until a silky glossy sauce is achieved. Taste and adjust if necessary.

Place the sauce on the base of a serving platter then top with saltimbocca's.

Notes from the chef:

You can prepare the Saltimbocca's ahead of time but do not season them until you are ready to cook them. Remove them from the fridge at least 20 minutes before you are ready to cook them to bring them to room temperature.

If you can only find smaller fillet tail pieces, then this works just as well. Allow 2 pieces per person and assemble with 1 sage leaf and 1 slice of bresaola.

If you do not have a large enough pan to cook all saltimbocca's together then cook in batches of 2 and add 1 Tbsp of butter and 1 Tbsp of oil per batch.

Keeping the cooked saltimbocca's warm whilst you make the sauce allows them to relax and more enjoyable when you eat them.

Jason Pettit – Capital Radio Recipe

Tbsp - tablespoon

Tsp - teaspoon