

Roasted beef fillet in the oven

4-6 servings

500-700 g beef fillet, cut in half

Salt

White pepper

1 crushed garlic clove

A few sprigs of thyme

A few sprigs of rosemary

Rapeseed oil

25 g butter

Roast string

Preheat oven to 100 °C (212 °F).

Prepare the meat and make sure it is at room temperature when cooking. Dry the meat thoroughly with kitchen paper.

Cut off the head and tail if present. These parts of the meat can be used for other dishes, such as Biff Rydberg or Biff Greta. The piece of meat now weighs about 500-700 grams.

Tie the fillet with steak string. Season generously with salt and pepper on all sides of the piece of meat.

Heat the rapeseed oil in a hot pan. Brown the meat on all sides. Reduce the heat and add butter. The butter must not burn. Add the garlic, thyme and rosemary and brown the meat for a few more minutes. Meanwhile, baste the meat with the butter.

Remove the meat and place on a plate. Pour about 2 dl of water into the pan and boil for a minute (deglaze the pan). Pour the gravy into a baking dish, place a rack over it and place the meat on top.

Insert a meat thermometer into the thickest part of the fillet.

Roast the meat until it reaches an internal temperature of 55 °C (131 °F) (medium rare). This will take about 40-60 minutes.

Remove the meat from the oven, remove the roasting string and wrap the meat in baking paper and let it rest for 15 minutes before cutting it.

If you are going to make a sauce, such as red wine sauce, use the stew gravy that you strain.

Cut the meat just before serving.