

Fillet Of Beef With Cognac Sauce

Ingredients

1/2 kg fillet of beef
1 tbsp margarine
salt & pepper
1/2 onion

(for sauce)

2 tbsp margarine
2 tbsp cognac
2 dl water
2 dl beef stock
2 tbsp flour
1/2 dl cream
1/2 dl milk
soya sauce
salt & pepper

Method

Preheat oven to 200 degrees. Heat margarine in frying pan, add meat and brown on all sides. Season. Transfer to roasting tin. Roast fillet for about 25 minutes. Cover with foil and leave to rest in a warm place for 15 minutes. Meanwhile finely chop onion and fry in margarine. Add half of cognac, and water and stock. Bring to boil and let simmer for 2-3 minutes. Stir flour, cream and milk and add to sauce. Simmer for 5 minutes. Season and add rest of cognac. Serve with potato gratin and vegetables.