

Beef fillet *(Meat main dishes)*



Preparation

Prepare some chopped herbs and sprinkle on the fillets. Salt the fillets on both sides. Generously oil a frying pan and brown the fillets for 3 minutes on each side, until you get a nice caramelised, crispy surface. Set aside. Prepare a sauce by frying some onion in a little olive oil, deglazing with the wine and then adding sugar and blueberries. Let it cook for a few minutes in order to obtain a sauce, crushing the blueberries with the help of a wooden spoon.

Tips

To make the best possible beef fillet with blueberry sauce, season your meat with a touch of mustard – it will be irresistible.

Trivia

Today's delicious main course has its origins in a beautiful region called Lunigiana, an historic area between Liguria and Tuscany in Italy

Information

Preparation 10 minutes

Total Time 10 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Beef fillet (Two beef fillet steaks, each about 4cm thick)

Herbs (Mix of rosemary, mint, chives, sage and thyme)

Extra virgin olive oil (As much as necessary)

Whole cooking salt (As much as necessary)

Sugar 30 grams

Blueberries 200 grams

Onions (A piece of white onion)

White wine (As much as necessary)