

Asian Inspired Filet of Beef

INGREDIENTS

Well trimmed filet of beef, weighing about 3 1/2 to 4 pounds
3 to 4 cloves garlic cut in slivers
½ to ¾ cup soy sauce
3 tablespoons grated fresh ginger
3 tablespoons olive oil
2 red onions cut in half and sliced ¼ inch thick
1 cup sherry

DIRECTIONS

Preheat the oven to 350 degrees.

Insert garlic slivers at intervals into the meat. Whisk together the soy, ginger and oil in a small bowl then rub this mixture over the meat. Marinate meat at room temperature for a few hours. Place in roasting pan atop a bed of sliced onions. Baste with sherry or a combination of sherry and beef stock.

Roast at 400 degrees for about 30 to 40 minutes, or until the meat thermometer reads 115. Let the meat rest for 10 minutes before slicing.

Serves 6 to 8.

