**Hay roasted filet beef, Confit beetroots,**

**Crispy swirls of Potatoes**

*Serve 6*

*Hay adds a really subtle almost sweetness to the roast and it makes the whole house smell like an meadow. You can use hay with pretty much any kind of meat like lamb or duck but the timing will vary depending on the thickness and size of the piece to roast!*

2 handful of dried hay

2 rosemary sprigs

4 garlic cloves halved

3 thyme sprigs

½ bay leaf

1.2kg (2.5 lbs) fillet of beef, at room temperature

2 tbsp olive oil

Salt and pepper

**Confit Beetroot**

6 -7 young baby beetroot - yellow and red -

1 rosemary sprig

1 garlic clove

3 tbsp balsamic vinegar

**Red wine and Beef Sauce**

100 ml (4 fl oz) of beetroot cooking broth

100 ml (4 fl oz) beef stock

50 ml (2 fl oz) red wine

50 g butter (1/2 stick)

**crisp potato**

2 Potatoes, peeled

salt and pepper

thyme leaves

1 Bunch Arugula to serve

Preheat the oven to 200˚C/ 400˚F/Gas Mar 6.

Place the beetroot in a pan of salted water with garlic cloves, a rosemary sprig and bring to the boil. Simmer for 15-20 minutes for the small ones, 35-40 minutes for the larger one. Allow the beetroot to cool and peel the skin and slice into quarters or more. Take half of the beetroots and blitz with balsamic vinegar. Keep aside and reheat just before serving.

In the meantime, using a spiralizer, create potato swirls into a bowl. Drizzle with olive oil, salt, pepper and thyme. Shake the bowl and place on a roasting tray.

Place in the oven and roast for 20 minutes until crispy.

In the meantime, bring to simmer the beetroot broth, beef stock and the red wine and reduce by half. Whisk in the butter. Add the beetroot pieces back into the sauce and keep aside warm.

Prepare a roasting tray with the hay, some rosemary, and garlic cloves.

Then, sear the beef on all sides on a very hot pan until caramelised. Remove from the pan and set aside. Place the meat in the hay bed on top of the rosemary and garlic.

Cover it with more rosemary sprig, garlic cloves and finally another layer of hay.

Place in the oven about 10 -12 minutes for the meat to be medium rare.

Remove the hay and place on a board. Carve the filet of beef and serve with the swirls potatoes, beetroot puree and Confit beetroots. Add some arugula leaves to serve.