

Grilled Fillet Steak

Yield: 2 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fillet-steak-rolls-recipe>

Ingredients:

- 1 1/4 cups tarragon vinegar
- 3 shallots large or 6 small, chopped
- 2 tablespoons dried tarragon
- 1/2 tablespoon black peppercorns coarsely crushed
- 3 egg yolks
- 7/8 cup unsalted butter melted
- salt
- white pepper
- 4 sprigs tarragon finely chopped
- 7 ounces fillet steaks
- salt
- pepper
- olive oil A little
- 2 potatoes large Maris Piper, peeled, cut into chips, well washed in cold water, drained and dried
- fine salt
- oil
- vegetable

Nutrition:

1. Calories: 1580 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 600 milligrams
4. Fat: 127 grams
5. Fiber: 9 grams
6. Protein: 36 grams
7. SaturatedFat: 63 grams
8. Sodium: 1300 milligrams
9. Sugar: 2 grams

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