

Beef Olives



- Average weight per portion is 175g or 6oz
- Cooking time: Approximately 40 minutes
- Temperature: 170°C/350°F/Gas mark 3

Method

1. We have taken a slice of tender beef that has been filled, wrapped and tied and is ready for you to cook. Many succulent fillings are available including lightly seasoned pork with apricots, sliced mushrooms with garlic or perhaps Roquefort cheese.
2. To cook just lightly brush with olive oil and seal them first in the frying pan.
3. Then cook in the oven for 40 minutes
4. Baste frequently or wrap in foil.
5. Serve with seasonal vegetables.
6. Also excellent garnished with Béarnaise sauce.

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