



SPRINGBOK FILLET

WITH CASSIS JUS, PARSNIP
PURÉE & BLUEBERRY SALSA



4 servings



45–60 minutes

Instructions

Prepare the Springbok

- Portion the fillet into four 200 g steaks.
- Season with coarse salt and black pepper and drizzle with olive oil.
- Heat a pan over high heat and sear the steaks to your desired doneness. Medium-rare is recommended.
- Allow the meat to rest for 2–3 minutes before slicing.

Make the Parsnip Purée

- Boil the parsnips until soft.
- Transfer to a blender and purée with the cream and butter until smooth.
- Season to taste.

Prepare the Blueberry Salsa

- Combine the blueberries, rocket and red onion.
- Add the olive oil, raspberry vinegar and honey.
- Season with salt and black pepper to taste.

Make the Cassis Jus

- Sauté the onion and blackcurrants until soft.
- Add the cassis and cook for 2 minutes.
- Add the beef stock and reduce by half.
- Blend and strain through a fine sieve.
- Return to the heat and whisk in the butter. Season to taste.

To Serve

- Spoon the parsnip purée onto the plate.
- Slice the springbok fillet and arrange on top.
- Drizzle the cassis jus around the fillet.
- Finish with the fresh blueberry salsa.

Ingredients

For the Springbok Fillet

- 800 g springbok fillet
- Coarse salt
- Black pepper
- Olive oil

For the Parsnip Purée

- 500 g parsnips, peeled
- 80 g butter
- 80 ml cream
- Salt, to taste

For the Blueberry Salsa

- 100 g blueberries, chopped
- 50 g rocket, roughly chopped
- ¼ red onion, finely chopped
- 15 ml olive oil
- 5 ml raspberry vinegar
- 5 ml honey
- Salt and black pepper, to taste

For the Cassis Jus

- 50 ml cassis
- 1 onion, chopped
- 100 g blackcurrants
- 500 ml beef stock
- 50 g butter

Chefs Note

Springbok is naturally lean, so take care not to overcook it. Medium-rare is recommended, followed by a short resting time to keep the fillet tender and succulent.