



## Beef Fillet Topped Mushroom Mousse

### Ingredients

4 Fillet Steaks, 180g & 4cm thick (each)  
1 Clove crushed Garlic  
1 medium Onion, chopped  
1 tablespoon Olive Oil  
50g dried Porcini Mushrooms (prepared)  
150g Swiss mushrooms, finely chopped  
2 tablespoons White Wine  
1 tablespoon Parsley, finely chopped  
1 tablespoon Chervil, finely chopped  
1 tablespoon Chives, finely chopped  
80ml Natural Yoghurt  
1 large Egg Yolk  
2 tablespoon grated Parmesan Cheese

### Potenta Ingredients

375ml Milk  
500ml Water  
60g Butter  
1 cup instant Polenta

### Directions

Preheat either a Sauté, buffet casserole or bistro pan over a low heat

Pour in ¼ tablespoon olive oil and sauté onion & garlic for 5 minutes or until softened orange zest and stir well

Close the lid and set to pressure 2 and increase the heat to medium

Once the indicator rod shows the second ring, decrease the heat to the lowest setting and time for Six minutes

De-Pressurise the cooker, remove the lid, and add spinach, seasoning and parmesan