

THE LITTLE GERANIUM RECIPES

Cooking for 007 | Galician Beef with yellow onions

Background Story

In the early nineties about 1991, The Pink Geranium (the original Geranium restaurant) had Pierce Brosnan as a client. This was actually before he was 007 but he was still a well-known actor from the TV series Remington Steele and various films. He was very interested in the architecture of The Pink Geranium and asked about its history. I sat with them afterwards and his wife at that time was Cassandra Harris (who tragically died of ovarian cancer in 1991) told me that she had put Pierce forwards to be the next James Bond using one of her connections (she had appeared in 'for your eyes only')

So we had the next James Bond sitting at the table and what did he love to eat I asked her? He just loved your beef fillet with the yellow spaghetti, she said in her soft Australian accent.

Yellow spaghetti? They were actually yellow onions I replied. So where in the world do you get yellow onions? she asked. We don't, I make them yellow by adding saffron and a whole lot of other flavours to give the beef a twist. Bizarre she said but lovely.

So here it is, my beef dish straight from The Little Geranium Menu in La Cala, one of James Bond 007's favourites with yellow spaghetti!?! shaken a bit but definitely not stirred!

Ingredients

For the onions

- 2 large white (sweet) Spanish onions
- 1 good pinch of fresh saffron (you can find other yellow alternatives in Spain made from natural spices which are cheaper but not as lovely)
- 2 tablespoons of white wine vinegar
- 1 glass of white wine
- 2 tablespoons of soft brown sugar (or 1 of honey)
- 100 grm of butter
- A small sprig of fresh Thyme
- A small sprig of fresh rosemary
- Maldon salt
- White pepper

Steven Saunders FMCGB

steven@thelittlegeranium.com

www.thelittlegeranium.com



For the beef

- 4 x 300g pieces of good beef fillet (Irish or Argentinian)
- 150 g of salted butter
- Sprig of fresh rosemary
- 2 cloves garlic very finely chopped
- 2 tablespoons of good olive oil
- Maldon salt and black pepper
- Fresh green herbs like, coriander, basil and thyme

Method

- Firstly, make the onions by heating the wine and vinegar together in a saucepan and adding the saffron and let it fuse in to colour the liquid
- Once you have a nice yellow colour add the sliced onions and then the sugar and stir (not shake!) in and add the herbs
- Allow to cook on a moderate heat stirring regularly until the onions are soft and tender and totally yellow. (usually about 20 minutes) Now add the butter and stir in. Finally taste and season with salt and white pepper.
- Now put the onions to the side and focus on this lovely beef. Season it well with salt and black pepper and heat up the olive oil in a small saucepan and add the chopped garlic allowing it to cook and soften but not fry or colour
- Place the beef on a very hot BBQ grill or in a very hot frying pan and brush or spoon some of the garlic oil over each piece. As the beef seals and colours, add a little knob of butter and the thyme and allow the butter to melt into the beef, now add more garlic oil and again allow to melt into the beef whilst it is cooking.
- Cook on both sides repeating the process until medium rare but ideally not more than that as the beef fillet will toughen if overcooked.
- The ideal is to get it quite black on the outside and then nice and rare in the middle. Allow the beef to rest for a few minutes, top each piece with the saffron onions and sprinkle liberally with the fresh herbs and serve immediately
- In the Little Geranium we serve the herbs around each piece of beef and then pour around a little red wine juice made from beef bones. You can get the same effect by

Steven Saunders FMCGB

steven@thelittlegeranium.com

www.thelittlegeranium.com



making a red wine sauce from gravy granules and adding lots of good red wine and herbs to strengthen the flavor. Serve the sauce separately in a small jug.

- Enjoy this special recipe for a very special agent!