# Beef filet mignon, port and rosemary sauce, blue cheese mashed potatoes, green beans |

## **Recipe for 4 portions**

## Description

Seared beef fillet topped with a port demi-glace sauce infused with fresh rosemary leaves and served on mashed potatoes with local blue cheese from and a small bundle of green beans.

#### Note

You can now easily find veal demi-glace fresh or frozen at your local butcher shop or grocery store. Veal demi-glace is basically a reduced veal stock made with the bones and a few aromatic ingredients.

### Ingredients

#### For the mashed potatoes

- 600 Gr Yukon gold potatoes
- 75 Gr Blue cheese
- 100 Ml Milk
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

# For the beef tenderloin and port sauce infused with rosemary

- 4 Unit(s) Beef filet mignon
- 75 Gr Shallot
- 2 Sprig(s) Rosemary
- 150 Ml Port wine
- 150 Ml Veal demi-glace
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

### For the green beans bundles

- 200 Gr Green beans
- 4 Sprig(s) Chives
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

#### Preparation

- Preparation time 45 mins
- Preheat your four at 400 F°

#### Mise en place

Chop the shallot and rosemary leaves. Peel the potatoes, cut into large cubes and place them immediately in a pot of cold water.

#### Mashed potato preparation

Bring the potatoes to a boil with a pinch of salt and simmer over medium heat for 20-25 minutes until tender. Drain. Mash them with a potato masher. Gradually mix in pieces of blue cheese, add a knob of butter and hot milk. Add salt and pepper to taste and set aside.

#### Beef tenderloin and port and rosemary sauce preparation

Season the beef tenderloins with salt and pepper. In a hot pan, drizzle with vegetable oil and sear the beef fillets over high heat for 2 minutes on each side. Place them on a baking sheet. Cook in the oven for 4-5 minutes. In the skillet used to sear the meat, place a knob of butter and sweat the chopped shallot over low heat. Deglaze with port, add the rosemary and let reduce over low heat for 2 minutes. Add the demi-glace and simmer until it thickens a bit.

#### For the green beans bundle

Divide the green beans into 4 bundles and tie them with a sprig of chives. Place your bundles on a baking sheet, drizzle with olive oil and cook in the oven for 4-5 minutes.

#### <u>To serve</u>

Serve a portion of mashed potatoes using a ring mold. Place a beef tenderloin on top and cover with port and rosemary sauce. Place your bundle of green beans on the side.

## Bon appétit!