

Beef tenderloin, carrots and potatoes sticks, bearnaise sauce, sautéed mushrooms with fresh herbs

Recipe for 4 persons



Description

A nice tenderloin served with bearnaise sauce, vegetables sticks and fresh herbs sautéed mushrooms.

Ingredients

For the filet mignon

- 4 Unit(s) Sirloin steak
- 75 Ml Canola oil
- 4 Pinch(es) Sea salt flakes
- 4 Turn(s) White pepper

For the vegetables

- 4 Unit(s) Carrot
- 2 Unit(s) Yukon gold potatoes
- 2 Unit(s) Portobello mushroom
- 8 Head(s) Button mushrooms
- 1 Sprig(s) Thyme
- 3 Clove(s) Chopped garlic
- 5 Sprig(s) Chives
- 3 Pinch(es) Sea salt flakes
- 5 Turn(s) White pepper
- 50 Gr Butter
- 100 Ml Canola oil

For the bearnaise

- 250 Gr Slightly salted butter
- 3 Unit(s) Egg yolk
- 5 Unit(s) Shallot
- 2 Tbsp Tarragon
- 1 Tsp Chervil
- 100 Ml White balsamic vinegar
- 1 Tsp Ground pepper
- 4 Tbsp Water

Preparation

- Preparation time **45 mins**
- Preheat your **Four** at **425 F°**

For the mise en place

Peel the carrots and the potatoes and put it in cold water. Clean the mushrooms. Chisel the chive, the tarragon and the shallots. Chop the garlic and crush the black pepper.

For the vegetables

Cut the potatoes and the carrots in big stripes, 5cm long and 5mm thick. In a big pot of salty boiling water blanch the vegetables, chock it in a ice bath strain and reserve. Cut the Paris mushrooms in 4, sauté it in the hot oil and reserve. Remove the stems of the mushrooms, slice the hat and put it on a baking tray mix it with oil salt and pepper. Cook it for 10 minutes, when out of the oven, put it in a bowl with garlic and parsley. When it's time for plating, sauté the potatoes and the carrots in oil with butter, finish with salt and pepper, and add the chive.

For the beef

Season the beef on both sides, in a hot pan with vegetable oil sear the beef on both sides until coloration with the thyme, reserve it on a baking tray.

For the bearnaise

In a pot reduce the vinegar, the shallots, the tarragon and half of the pepper. Let it cool down, put it in a bowl on a bain marie, whisk the egg yolks with a spoon of water until it takes volume, add the butter gently and finish with the rest of the pepper.

For the plating

Put the filets back in the oven for 5 to 6 minutes, out of the oven let it rest for three minutes. Build the vegetables on the side of the plate, mushrooms aside and the beef on the top, finish with the sauce all around.

Bon appétit!