

# Beef tenderloin, seared foie gras, potatoes and celery mousseline, red wine and shallots sauce - Virtual Workshop Version

Recipe for 2 portions



## Description

An idea for a perfect romantic meal!

## Note

During Christmas time, don't have any hesitation to change the meat.

## Ingredients

### For the beef

- 2 Unit(s) Beef filet mignon

### For the mousseline

- 200 Gr Parsnip
- 130 Gr Baby potatoes
- 35 Ml Cream 35%
- 25 Gr Butter
- 0.25 Tsp Nutmeg

### For the foie gras

- 1 Unit(s) Foie gras scallop

### For the sauce

- 2 Unit(s) Shallot
- 75 Ml Red wine
- 130 Ml Veal demi-glacé

## Preparation

- Preparation time **45.00 mins**
- Preheat your **oven** at **400.00 F°**

## Ingredients

Make sure you have all the ingredients needed for the recipe.

## Equipments

Large knife (chef) + Small knife (paring) + Cutting board

Frying pan (cooking fillets and foie gras) + oven tray (finishes)

Saucepan (muslin cooking) + Potato masher + Wooden or plastic spatula.

Small Casserole (red wine sauce) + Tongs or forks

#### For the preparation

Cut the shallots finely, chop the garlic. Peel and cut in cubes the parsnips and the celery.

#### For the beef

Put some salt and pepper on both sides of the tenderloin, in a hot pan with vegetable oil, seared the tenderloin on both sides, until you get a nice golden brown coloration. Reserve it on a baking tray with parchment paper.

#### For the foie gras

Put some salt and pepper on both sides of the foie gras slices, in dry hot pan, seared the slices on both sides, until you get a nice golden brown coloration. Reserve it on a baking tray with scott towel.

#### For the mousseline

In a big pot, cover the vegetables cubes with cold water, bring it to boil and cook it for 30 minutes. In a sauce pan warm the cream and the butter slowly. Strain the vegetables, put it in the cutter and get it smooth with the butter, the cream, salt, pepper and the nutmeg. Be careful with the texture of the mousseline, it shouldn't be too liquid. Keep it hot on a bain marie.

#### For the sauce

In a hot sauce pan with a little bit of vegetable oil, sweat the shallots, deglaze with the red wine and let it reduce. Add the veal stock and let it cook until consistency.

#### For the plating

Put the tenderloins in the oven for 6 to 8 minutes, take it out and let it rest for 3 minutes. During the resting time, put the foie gras in the oven for 4 minutes. In a big plate, put the mousseline in the middle, top with the tenderloin, and the slice of foie gras. Finish with the sauce around.

**Bon appétit!**