

Beef top sirloin, peppercorn and mushroom sauce, roasted thyme fingerling potatoes, classic green beans |

Recipe for 4 portions

Description

A dish that represents classic French cooking. A nice quality beef tenderloin served with a green peppercorn and mushroom sauce. Oven roasted potatoes and garlic butter sautéed green beans on the side.

Note

A tournedos is a slice of beef tenderloin wrapped in a thin slice of lard.

Ingredients

Beef

- 600 Gr Boston cut beef
- Butter
- Salt and pepper
- Olive oil

Pepper and mushroom sauce

- 1 Tsp Cornstarch
- 200 Ml Veal stock
- 50 Ml Xérès vinegar
- 50 Ml Dijon mustard
- 1 Tsp Honey
- 1 Tsp Green peppercorns
- 6 Unit(s) Button mushrooms
- 1 Unit(s) Portobello mushroom

- Butter
- Salt and pepper
- Olive oil

Roasted potatoes and green beans

- 500 Gr Fingerling potatoes
- 3 Sprig(s) Thyme
- 0.50 Head(s) Garlic
- 300 Gr Green beans
- 2 Clove(s) Garlic
- 4 Sprig(s) Parsley

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Preparation

Cut the head of garlic in 2 across its width.

Peel and mince the rest of the garlic, wash and pluck the parsley and then finely mince it. Combine the minced garlic and parsley.

Clean the potatoes and cut them in 2 lengthwise.

Clean and remove the stem from the green beans.

Slice the mushrooms.

Beef

Season the beef with salt.

In a hot skillet with oil, sear the meat on both sides, making sure to have a nice coloration.

Generally it should unstick when ready to be turned. Transfer to a baking sheet.

When ready to serve, transfer the baking sheet with the beef to the oven for 4-6 minutes. Once you remove from the oven, let rest for 2-3 minutes.

Pepper and mushroom sauce

In a hot sauce pot with oil, cook the mushrooms and season with salt. Once they have a nice coloration transfer them to a bowl lined with paper towel to absorb the excess liquid.

Combine the starch with a bit of veal stock. In a sauce pot, bring all the ingredients to a boil while stirring. Add the starch, mix slowly until you reach the desired consistency. Season with salt to taste.

Add the mushrooms and set aside until ready to serve.

Roasted potatoes and green beans

Potatoes

In a hot skillet with oil, place the potatoes flesh side down. Once you have a nice coloration, add the halved head of garlic and the thyme. Season with salt and pepper and stir delicately. Cover and transfer to the oven. Cook for roughly 25 minutes. Set aside.

Green beans

In a large pot of salted boiling water, blanch the beans for 4-6 minutes. Make sure they keep a light crunch. Pass through a strainer. Transfer to ice cold water to preserve the bright green color.

In a hot skillet with butter, sauté the beans and add the garlic and parsley. Season to taste.

Plating

In a flat plate, place the green beans off center. Place the potatoes just beside them and place the beef on top. Generously garnish with the sauce.

Bon appétit!