

Gourmet beef toast AAA cooked on charcoal; country bread, candied onion and arugula

Recipe for 4

Description

A slice of country style bread, toasted and garnished with confit onions and smoked Beef tenderloin. Accompanied by an arugula salad.

Note

If you do not have a plancha, you can always do the onions in a pan on your stove top.

Ingredients

Beef

- 300 Gr Beef filet mignon
- 50 Ml Soy sauce
- 50 Ml Balsamic vinegar

- Salt and pepper
- Olive oil

Onions

- 2 Unit(s) Onion
- 2 Clove(s) Garlic
- 2 Sprig(s) Thyme

- Salt and pepper
- Olive oil

Bread and garnish

- 4 Slice(s) Country bread
- 1 Handful(s) Arugula leaves

- Salt and pepper
- Olive oil

Mayonnaise

- 1 Unit(s) Egg
- 1 Tbsp Maille grain mustard
- 200 Ml Vegetable oil
- 1 Tbsp Apple cider vinegar
- 30 Gr Parmesan
- 5 Sprig(s) Parsley

- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **barbecue** at **500 F°**
- Resting time **60 mins**

Preparation

Cut the beef tenderloin into 4 portions and leave to marinate in a mixing bowl with the soy sauce and balsamic vinegar. Grill the parsley on the BBQ and then pluck the leaves. Mince the grilled parsley and the garlic. Grate the parmesan. Mince the onions and mince the thyme.

Cooking the beef

Remove the beef from the marinade and remove the excess liquid with the help of paper towel. Sear

the beef on all sides on the hottest part of your barbecue. Finish cooking the beef with indirect heat by lowering the heat of the barbecue or placing them on the upper rack of the barbecue. You want the internal temperature to read 48° C. Let the beef rest for 3 minutes before serving.

Onions

On your plancha, gently cook the onions with the thyme, salt and pepper. Let the onions caramelize lightly.

Mayonnaise

In a mixing bowl, place the egg yolks, mustard, salt and pepper. Combine with a whisk.

Next, without stopping whisking, gradually incorporate the oil and continue to drizzle and whisk simultaneously until you reach a nice, thick and creamy texture. With the help of a rubber spatula, fold in the vinegar, parmesan and parsley and then season to taste with the salt and pepper.

Set aside in the fridge.

Bread and plating

Rub the bread with the olive oil and grill on the barbecue. On each piece of toast, place the onions followed by the beef, mayonnaise and garnish with arugula.

Bon appétit!