

AAA beef tenderloin and grilled vegetable bouquet with a parsley based sauce

Recipe for 4

Description

Top quality beef tenderloin, grilled to perfection, accompanied by a generous portion of roasted vegetables and a parsley based demi-glace sauce.

Note

Grilled vegetables like this are great because you can use whatever you like. Feel free to experiment with different vegetable combinations based on the current season!

Ingredients

Beef

- 4 Unit(s) Beef strip loin
- Butter
- Salt and pepper
- Olive oil

Vegetables

- 8 Unit(s) Fingerling potatoes
- 12 Unit(s) Green asparagus
- 12 Unit(s) Nantaise carrot
- 12 Unit(s) Green onion
- 1 Unit(s) Zucchini
- 12 Unit(s) Button mushrooms
- Butter
- Salt and pepper
- Olive oil

Persillade sauce

- 1 Unit(s) Shallot
- 150 Ml Red wine
- 150 Ml Veal demi-glace
- 2 Clove(s) Garlic
- 10 Sprig(s) Parsley
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **40 mins**
- Preheat your **barbecue** at **500 F°**

Preparation

Temper your meat to make sure it isn't too cold when it comes time to grill it. Pre cook the potatoes for 12 minutes in salted boiling water, then cut them into slices. Cut the rest of the vegetables into equal sized pieces. Mince the French shallots and garlic. Chop the parsley.

Persillade sauce

In a sauce pot with a knob of butter, sweat the French shallots. Deglaze with the red wine and reduce by half. Add the demi-glace sauce and cook until you reach the desired consistency. Finalize by adding the garlic and parsley. You can add a tablespoon of Dijon mustard to enhance the sauce even further!

Vegetables

Combine all the vegetables in a mixing bowl, drizzle with oil and season with salt and pepper. Transfer to a perforated baking sheet and grill for roughly 10 minutes.

Beef

Right before grilling, season to taste with salt and pepper. Sear on high heat to get nice grill marks and then continue to cook with indirect heat until cooked to your liking, or 48°C. Let rest for 1 minute before serving.

Bon appétit!