

Beef filet mignon, port and rosemary sauce, blue cheese mashed potatoes, green beans |

Recipe for 4 portions

Description

Seared beef fillet topped with a port demi-glace sauce infused with fresh rosemary leaves and served on mashed potatoes with local blue cheese from and a small bundle of green beans.

Note

You can now easily find veal demi-glace fresh or frozen at your local butcher shop or grocery store. Veal demi-glace is basically a reduced veal stock made with the bones and a few aromatic ingredients.

Ingredients

For the mashed potatoes

- 600 Gr Yukon gold potatoes
- 75 Gr Blue cheese
- 100 Ml Milk
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

For the beef tenderloin and port sauce infused with rosemary

- 4 Unit(s) Beef filet mignon
- 75 Gr Shallot
- 2 Sprig(s) Rosemary
- 150 Ml Port wine
- 150 Ml Veal demi-glace
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

For the green beans bundles

- 200 Gr Green beans
- 4 Sprig(s) Chives
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

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

Mise en place

Chop the shallot and rosemary leaves. Peel the potatoes, cut into large cubes and place them immediately in a pot of cold water.

Mashed potato preparation

Bring the potatoes to a boil with a pinch of salt and simmer over medium heat for 20-25 minutes until tender. Drain. Mash them with a potato masher. Gradually mix in pieces of blue cheese, add a knob of butter and hot milk. Add salt and pepper to taste and set aside.

Beef tenderloin and port and rosemary sauce preparation

Season the beef tenderloins with salt and pepper. In a hot pan, drizzle with vegetable oil and sear the beef fillets over high heat for 2 minutes on each side. Place them on a baking sheet. Cook in the oven for 4-5 minutes. In the skillet used to sear the meat, place a knob of butter and sweat the chopped shallot over low heat. Deglaze with port, add the rosemary and let reduce over low heat for 2 minutes. Add the demi-glace and simmer until it thickens a bit.

For the green beans bundle

Divide the green beans into 4 bundles and tie them with a sprig of chives. Place your bundles on a baking sheet, drizzle with olive oil and cook in the oven for 4-5 minutes.

To serve

Serve a portion of mashed potatoes using a ring mold. Place a beef tenderloin on top and cover with port and rosemary sauce. Place your bundle of green beans on the side.

Bon appétit!