

# Slow Roasted Filet of Beef

Yield: 4 Servings

1 whole	Beef Tenderloin, cleaned
As needed	Roughly crushed black pepper
½ bunch	Thyme
½ bunch	Tarragon
t.t	Salt

Method:

Season whole tenderloin with salt, pepper, thyme, and tarragon. Pan sear until all sides are browned. Place on a rack on top of a sheet pan and slowly roast in a convection oven at 250 degrees for 30 minutes. Check internal temperature, must be 125 degrees internally, to be medium rare. Remove from oven and let rest before slicing into 8 oz portions.

Roasted Yellow Tomato/Tarragon Buerre Blanc

2 ea	Shallots, mince
2 ea	Garlic, mince
2 btl.	White Wine, Chardonnay
1 qt	White Beef Stock
8 oz	Yellow Tomato
1 bunch	Tarragon
2 #	Butter, softened

Method:

Sauté shallots, garlic, tarragon and yellow tomato. Add and reduce 2 bottles of chardonnay by half. Add beef stock and reduce once again by half. Transfer into a bain marie slowly blend in softened butter and season to taste. Strain through chinois.

Puree of Potato with bruniose red pepper

4 ea	Chef Potato, peeled
1 #	Butter, softened
t.t.	Salt and White Pepper
1/2 cups	Heavy Cream
1 ea	Red Pepper, bruniose

Method:

Boil Potatoes. Run through a food mill and whip in butter and cream. Season and flod in bruniose of red pepper

Asparagus Croquette

3 bu	Asparagus, blanched and pureed and strained
1#	Potato Puree

Method:

Add potato puree as need. 3 to 1 ratio.

Shape into quenelles. Freeze then bread using standard breading procedure.