

Allium Foodworks

Personal Chef Service

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Beef Tenderloin with Brandy Reduction

- 6 6 oz. beef tenderloin steak
- sea salt
- black pepper
- 2 tbsp grapeseed oil (or other neutral oil)

- 6 garlic clove, minced
- 4 rosemary sprig
- 1 red onion, finely diced
- 2/3 cup brandy
- 2 cups chicken broth, low-fat, reduced sodium

- 2 tbsp Dijon mustard

1. Season steaks on all sides with salt and pepper.
2. Heat a heavy large skillet over high heat. Add oil and sear the steaks until brown on both sides, about 2 minutes each side. Reduce heat to medium-low.
3. Add garlic, onion and rosemary, and continue to cook the steaks about 3 minutes per side, moving them around in the pan and turning a couple of times. (If the pan seems close to burning, add a little bit of chicken broth to keep it moist.)
4. Transfer the steaks to a plate, and add the brandy, allowing it to deglaze the pan and the alcohol to evaporate, about 1 minute, then add the broth.
5. Return the steaks back to the pan and turn the heat up to medium-high. Cook steaks to desired doneness, turning occasionally and basting with pan juices, about 6 more minutes for medium-rare.
6. Transfer steaks to a plate and cover to keep them warm.
7. Increase heat to high and allow the sauce to reduce by half.
8. Whisk in Dijon mustard and season sauce to taste with salt and pepper.
9. Add the steaks back in and turn a couple of times to coat them in the sauce.
10. Plate the meat and spoon sauce over the steaks.

Suggestion: Use half the Dijon and add a couple of tablespoons of whipping cream for a creamier sauce.

Meal Suggestion: Serve with roast baby potatoes and roast asparagus.

Preheat oven to 450. On an aluminum pan, toss the potatoes with olive oil, salt and herbes de province (or herbs of choice) and roast for approximately 20 minutes to cook them through. Toss asparagus spears with olive oil and salt and they will roast in about 7 minutes.

For the 30 minute meal - put the potatoes in the oven to roast, then begin the steak preparation and cooking. After you add the brandy and broth to make the reduction, put the asparagus in the oven on the same pan as the potatoes. When the meat is finished cooking, the vegetables will be ready. Plate and enjoy!

Who says you can't play with your food!