



Tournedos au Bleu with Pommes de Terre Voisin and Sautéed Haricots Verts

Nickel & Nickel Dragonfly Vineyard Cabernet Sauvignon, St. Helena, Napa Valley

by Executive Chef Trevor Eliason

Ingredients

Pommes de Terre Voisin:

- 5 Yukon Gold potatoes, sliced 1/8 inch thick
- 2 teaspoons kosher salt
- Freshly ground pepper, to taste
- 1 teaspoon garlic, chopped
- 1 teaspoon fresh thyme leaves
- 2 tablespoons extra virgin olive oil
- 6 tablespoons butter, melted
- 1/2 cup Parmesan, finely grated

Beef Tournedos:

- 4 8-ounce tournedos of center cut beef tenderloin
- Salt and pepper, to taste
- 2 tablespoons grapeseed oil
- 2 tablespoons butter
- Thyme sprigs, to taste
- 1 shallot, sliced into rings
- 2 whole garlic cloves

Haricots Verts:

- 2 tablespoons extra virgin olive oil
- 1 shallot, minced
- 1 pound haricot verts

Sauce:

- 1/2 cup heavy cream
- 1/4 pound Bleu d'Auvergne or Roquefort, cubed

METHOD

Pommes De Terre Voisin:

Preheat the oven to 375°F. To make the potato voisin, start by buttering a 5" x 8" casserole dish. Place the sliced potatoes in a large mixing bowl and add olive oil, kosher salt, pepper, chopped garlic, and thyme leaves. Toss to evenly coat. Begin layering the potatoes, covering the bottom of the dish, and then drizzle melted butter and a sprinkle of the Parmesan. Continue layering the potatoes, adding butter and Parmesan. When you have finished, press down on the potatoes to lock in the flavors and to ensure even cooking. Bake for 30 to 45 minutes or until tender and golden. Remove from oven and keep warm.

Tournedos:

To prepare the beef, season each tournedo with salt and fresh pepper. Heat a large cast iron pan to medium-high heat. Add grapeseed oil and sear steaks for three to four minutes on each side. Towards the last minute, add two tablespoons of butter, a few sprigs of thyme, the sliced shallot, and whole garlic cloves. When the butter has fully melted, baste each steak until it has reached the desired temperature; medium-rare will feel like the spot on your hand between your thumb and pointer finger, or will show an internal temperature of 120°F. Remove the tournedos and let rest for five minutes.

Sautéed Haricots Verts and Sauce:

Prepare the haricots verts by heating a large sauté pan on high heat. Add olive oil and the minced shallots, and cook, constantly moving around for 30 seconds. Add the haricots verts to the pan and toss until coated with oil, stirring three to four minutes or until tender and crisp. Remove and keep warm. For the sauce, bring the cream up to a boil in a small saucepan. Add blue cheese and whisk until melted and combined. Remove from heat.

Presentation:

To assemble, divide your pommes de terre voisin and haricots verts among warmed dinner plates. Add the tournedos to each plate, then spoon a generous amount of sauce over the beef. Bon appétit!

Serves 4