

# Beef Tenderloin w/ Red Wine Sauce

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

*Swick*

## Chef's Notes

Here is a recipe for Dark Chicken Stock.

If you happen to over-reduce the sauce, just thin it out slightly with a bit of stock or water.

## Preparing the Salad

To start, wash the frisée lettuce and tear into large pieces. Spin dry and transfer to a large bowl. Set aside while you cook the steaks.

## Step 1: Preparing the Salad

- 2 cups frisée lettuce (approx.)

## Cooking the Steaks

Before cooking the steaks, make sure they have come to room temperature. Once you are ready to cook, season the steaks with salt and pepper.

Preheat a heavy fry pan over medium-high heat. Once the pan is hot, add the oil. As soon as the oil just starts to smoke, add the steaks. Because the steaks are a bit thicker, turn the heat down to medium to medium low. Using the flip-often method, after about a minute of cooking, flip the steaks. Let cook again for another minute and flip again. Continue with this same process until the steaks are cooked to your liking.

Once done, remove the steaks, tent with vented foil and allow to rest while you make the sauce.

## Step 2: Cooking the Steaks

- two 6 oz beef tenderloin steaks
- 2 tsp grapeseed oil

## Making the Sauce

To start the sauce, make sure to have the shallots minced and measure out the cold butter and red wine.

Over medium to medium low heat, add about one tablespoon of the butter, followed by the shallots. Cook the shallots until soft and golden. Once ready, deglaze with the red wine, making sure to scrape up any bits from the bottom of the pan. Let the liquid reduce until you reach a syrupy consistency.

Once a syrupy consistency has been reached, add the dark chicken stock and any juices from the resting steaks and reduce again until slightly thickened. Test the sauce by spooning a bit onto a plate. The sauce should not be too runny or too thick. It should just move nicely on the plate.

To finish the sauce, turn off the heat and swirl in the cold butter, a bit at a time. The butter not only helps to thicken the sauce, it also adds richness and shine. Finally, season the sauce with salt and pepper to taste.

### Step 3: Making the Sauce

- 2 tbsp shallots
- 3 to 4 tbsp cold, unsalted butter
- 1/2 cup dry red wine
- 1 cup dark chicken (or veal) stock (Rouxbe recipe\*)
- kosher salt (to taste)
- freshly ground black pepper (to taste)

### Finishing and Serving the Dish

To finish the salad, add a bit of quality olive oil, salt and pepper. Gently toss to combine and add a bit more of each to taste if necessary. Adding the oil and seasoning in stages ensures that you don't weigh down the greens or over season them.

Gather a few pieces of frisée and place them onto each plate, along with the steaks. Drizzle the hot pan sauce over the steaks and serve immediately.

### Step 4: Finishing and Serving the Dish

- extra-virgin olive oil
- kosher salt (to taste)
- freshly ground black pepper (to taste)